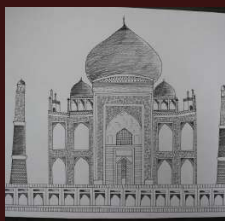


VOLUME - XIX

APRIL 2021 - MARCH 2022

SPECTRUM



Back to the Roots

CHAIRMAN'S

Message



Congratulations on another year of milestones! As we navigate through this challenging phase of transformations, we at Salwan are committed to creating an ambience for nurturing innovation, creativity and excellence in our students while keeping them rooted in the rich legacy of our culture and heritage. This E- Magazine is a window to the scholastic and co-scholastic activities, achievements and progress made during the Academic Session 2021-22. It gives me great pleasure to extend my heartfelt greetings to the readers.

The whirlwinds of change sow the seeds of progress! We aim to prepare the Salwanians to confidently and competently face the challenges of life. Our educational programmes lay emphasis on all round personality development of the young learners.

John Dewey, the famous educationist has rightly observed: "Education is not preparation for life, education is life itself." As students come back to School after this global crisis, we are well-equipped to provide learning experiences which foster child-centric and holistic education. The Salwan fraternity is engaged relentlessly in devising strategies for happy learning in a conducive learning environment.

I am confident that the fountainhead of creativity will grow stronger amongst young Salwanians under the guidance of accomplished mentors. My best wishes to the Salwanians who with their feet firmly grounded will be instruments of peace and prosperity in this rapidly changing global scenario.

Shri. Hem Kumar Pande, IAS (Retd.)
Chairman, Salwan Public School



***It is only when our present equips itself for the future that things change,
it is through children that we shape a better tomorrow.***

Salwan Public School is a leader in the field of education, nurturing the young minds with essential life skills, strong values and a progressive outlook. Upholding our motto, 'Service Before Self', we aim to groom students into balanced individuals conscious of their duties and responsibilities towards the society at large.

As we resume offline School under the directions of the Delhi Government, we are equipped with Happy Curriculum to restore a sense of normalcy, stability and well-being. Our focus remains on prioritizing face-to-face education and keeping students safe in school. I would like to thank all stakeholders for their unstinted support throughout this unprecedented phase.

I congratulate the Editorial Team, staff and students on the publication of this E-magazine which reflects the unflinching grit and perseverance of the Salwanians.

Maj. Gen. Sanjeev Shukla, VSM (Retd.)
Director, Salwan Public School

From the

PRINCIPAL'S

Pen...



“Life affords no greater responsibility, no greater privilege, than the raising of the next generation.”

As we stand on the threshold of a transcendental era, we, at Salwan, strive to equip the young Salwanians with the 21st century skills required to face the challenges posed by an ever-changing world. As the world grappled with the pandemic, COVID 19, almost everything around us changed. The pandemic has taught us many valuable lessons. As we continue to ride the tides of change, we are confident that we will be able to spearhead the transition from online to offline learning along with the hybrid mode of learning. The trailblazers of Salwan are ready to steer ahead fearlessly. We firmly believe that the only way to thrive in an ever-evolving world is by creating a balance between our strong roots and the ongoing changes. With strong values embedded in the very ethos of Salwan, the Salwanians are ready to carry our rich legacy forward with a strong determination.

This edition of ‘Spectrum’ is an attempt to explore and highlight the essence of our rich cultural heritage and our strong values as we escalate towards progress and advancement. Our endeavour is to give young learners wings to fly whilst encouraging them to remain grounded to their roots.

As we gear up to bid adieu to the academic session 2021-2022, it's time to embrace the new session with renewed vigour. It's time to welcome the new batch of students to their new classes. Let's celebrate our progress as we forge ahead and achieve yet another milestone! May the forthcoming academic session herald a new dawn for the Salwanians!

My dear Salwanians, as you are getting ready to embark upon a new journey, I wish you all the best in all your future endeavours! Radiate positivity, shine on and reach for the stars!

Priyanka Barara
Principal

From the

VICE PRINCIPAL'S

Desk...



“Persistence and resilience only come from having been given the chance to work through difficult problems.”

— Gever Tulley

The past two years have presented an unparalleled experience to our students. Although this period was hard-hitting, it has given us life lessons.

It taught us resilience, patience, dealing with new technology and most importantly, overcoming loneliness and unhappiness. However, I sincerely hope and pray that these trying times of the pandemic are over. Schools, colleges have reopened as people are trying to return to the life they lived before the pandemic.

I can vouch with all sincerity that our school and the students have been exceptionally resilient. We have sprung back from these difficult times in a commendable way. Our students have proved their mettle in multifarious activities that were organised in the school on a regular basis. These activities were aimed at the holistic development of the students. They enriched their mental, analytical and social skills. They provided a platform for the students to perform and showcase their talents.

This past year we have displayed our ability to rebound from times of difficulty, and now, the future is brimming with opportunities; the upcoming year will be exciting as we all return to life in the offline mode.

We have planned numerous activities and programmes aimed at developing the all-round capabilities of students. Let's rebuild connections and relationships after two years of isolation to make our students feel supported and ready to engage.

We look forward to a fun-filled and productive year ahead!

Jyotsna Grover
Vice Principal

From the

HEADMISTRESS'

Desk...



***"Tough times don't last.
Tough people do!"***

-Robert Schiller

As I look back at the year gone by, I see beyond the pandemic; I see hope, I see resilience and I see a will to strive ahead. In keeping with the New Education Policy, our academic curriculum lays emphasis on building competencies, inculcating life skills and imbibing strong values in the young learners. Together, we were successful in weaving and implementing a skill-based learner-centric curriculum for grooming self-directed lifelong learners. The young achievers of Salwan participated in a plethora of activities and brought laurels to the school. The academic horizons were widened through assemblies, webinars, student exchange programs, competitions and on-campus activities such as play dates and cultural extravaganzas.

Dear Salwanians, while you were attending online School, we enhanced the School infrastructure so as to provide superlative facilities for your holistic development. With the dawn of the new session, we are ready to welcome you back to the campus for enriching experiences which only real-time school can offer.

With joy in our hearts and pride in our eyes, through this issue of 'Spectrum' we have endeavoured to expound the wonderful journey of the young Salwanians as they explore new frontiers and reach new milestones.

Let's relive the fond memories that we have created together!

My congratulations to the Editorial Team for the commendable work done to create this E-Magazine.

Rashi Oberoi
Headmistress

THE EDITORIAL TEAM



1st Row: (Left to Right) Vidhi Bhatia (IV C), Rishita Gandhi (V B), Pragya Kawatra (V B), Anand Misra (XI B), Aryan Sharma (XI C), Dhruvika (IX A SPSA), Vihaan Batra (V D) and Gautami Khandelwal (IV A)
2nd Row: (Left to Right) Ms. Abha Gogia, Ms. Sampati Sharma, Ms. Deepika Sharma, Ms. Mala Kapoor, Mr. Sanjay Mishra (Head of Department - Hindi), Ms. Priyanka Barara (Principal), Ms. Manu Mehra (Head of Department - English), Ms. Ritika Malik, Ms. Tilak Sharma, Ms. Trisha Dhingra, Ms. Tanya Dua
*In absentia- Arnav Govil (IX E), Ms. Neetu Bhateja and Mr. Arup Kumar Biswas



EDITORIAL

Roots are the most vital part of a tree for they provide the tree with stability, strength and vitality for its growth. As we celebrate progress and advancement in diverse fields, it is important for us to stay grounded. This E-edition of 'Spectrum' is dedicated to our rich culture and values that form the foundation of our life. The theme of this magazine - 'Back to the Roots' echoes our unwavering commitment towards creating a better world on one hand, while it celebrates the spirit of Indianness, on the

other. The world has witnessed the resurgence of our age-old practices such as Yoga, Ayurveda and Meditation which have transcended all barriers of time and territories and proved to be universal in nature.

This issue of Spectrum is a journey of retrospection and introspection, aspirations and achievements. The ensuing pages showcase the indomitable spirit of the young Salwanians and provide plenty of food for thought to the readers.

We express our gratitude to all the staff members and students who have contributed in bringing out this edition of 'Spectrum.' We earnestly hope you enjoy reading this digital publication as much as we enjoyed creating it for you.

Happy Reading!

Manu Mehra

Head of Department (English)

MYRIAD HUES OF LEARNING

CELEBRATING THE SPIRIT OF FREEDOM...
EMPOWERING FUTURE LEADERS OF THE NATION!

INDEPENDENCE DAY & INVESTITURE CEREMONY 2021



The School celebrated the 75th Independence Day and the Investiture Ceremony on 13th August 2021 with great enthusiasm and patriotic fervour. The celebrations began with the hoisting of the tricolour by Maj. Gen. Sanjeev Shukla, VSM (Retd.), Director, Salwan Public School, Ms. Priyanka Barara, Principal, Ms. Jyotsna Grover, Vice Principal and Ms. Rashi Oberoi, Headmistress. In his address, Maj. Gen. Sanjeev Shukla, VSM (Retd.) reiterated the importance of imbibing the spirit of patriotism in young learners. He encouraged the young citizens to work hard for achieving their goals and inspired them to serve the nation selflessly. He also asserted that each individual should pledge to be a dutiful citizen and a noble human being. This was followed by a cultural programme wherein students from different classes enthralled one and all with their mesmerizing renditions and dance performances.

On this solemn occasion, the newly elected Student Council was also administered the Oath of Office. The zealous council members pledged to uphold the integrity of the Nation, the School and the responsibility that was bestowed upon them. The Head Boy, Aryan Sharma, promised a productive and fun-filled year ahead. Mrs. Priyanka Barara congratulated the young leaders and encouraged them to strive hard to become perfect role models for the students. She also emphasized that the council members should proceed by setting small goals to achieve desirable targets. She concluded her address with a patriotic poem, resonating the message of love for the nation. The celebrations culminated with the vote of thanks moved by the Head Girl, Sumedha Longani. The celebrations were streamed live on YouTube and witnessed the attendance of over 1500 viewers.

***Saluting the Indomitable Spirit
of our Freedom Fighters...
Inculcating the Spirit of
Selfless Service...***

“With Freedom Comes Responsibility.”



Click here to view: <https://youtu.be/iCIHUKZqz7s>



A HUMBLE TRIBUTE TO OUR FOUNDER... FOUNDER'S DAY CELEBRATIONS

To commemorate the Birth Anniversary of our Founder, Pt. Girdhari Lal Salwan, and to celebrate 80 years of the establishment of the Salwan Education Trust (Est. 1941), the school organised a Havan Ceremony on 5th December 2021 in the School Grounds. The Salwanians paid homage to the great visionary who laid the foundation of the Salwan Education Trust and dedicated his life to the service of the nation. The celebrations commenced with the garlanding of the bust of our founder. Maintaining the COVID 19 protocol, the ceremony was attended by the members of the Managing Committee, the Student Council, the representatives of the Parent-Teacher Association and a few faculty members. The aim of this solemn ceremony was to invoke the blessings of the Almighty for the well-being of the Salwanians. The Salwanians were encouraged to carry the rich legacy forward by imbibing the teachings from the life of our great founder. The programme was streamed live and was attended by all the Salwanians virtually.

***"Lives of great men all remind us, we can make our lives sublime,
And, departing, leave behind us footprints on the sands of time."***



Click here to view: <https://www.youtube.com/watch?v=Hf0I3LICEIs>

HONOURING TEACHERS EXTRAORDINAIRE AND CELEBRATING OUR RICH HERITAGE

The Salwan Education Trust constantly endeavours to encourage and motivate teachers by recognizing their remarkable efforts. A felicitation ceremony was held in the School Amphitheatre on the Founder's Day i.e. 5th December, 2021. Ms. Pooja Dhingra from SPS, Mayur Vihar and Dr. Deepti Jain from SPS, Gurugram were conferred with the Smt. Surrinder Randhawa Memorial Distinguished Teacher Award 2021. The award has been instituted by the family of Mrs. Surrinder Randhawa, former Vice-Principal of Salwan Girls Senior Secondary School, in her memory. The teachers received a citation and a cash reward of Rs. 25,000/- each. On this momentous occasion, the Trust invited the Trialogue Company to perform the musical "Tansen" in the school premises. The programme was a part of 'Support the Artisans' initiative undertaken by the Salwan Education Trust. A melange of dance, drama and live music comprising *Dhrupad*, *Qawwali* and *Khayal Gayaki*, the play chronicled the life of the legendary musician, Tansen and his search for the true essence of life. The entire school reverberated with the spirit of celebrations with flowers, lights, rangolis and decorations.



GROOMING DIVERGENT THINKERS

WEBINAR: IN CONVERSATION WITH VIVAN MARWAHA

The School conducted a webinar 'In Conversation with Vivan Marwaha' on 28th November 2021. Vivan Marwaha is the celebrated author of the book 'What Millennials Want', an intimate biography of Indian millennials, the world's single-largest demographic group. The aim of the online event was to connect Salwanians with an accomplished author and inspire them to develop divergent thinking.



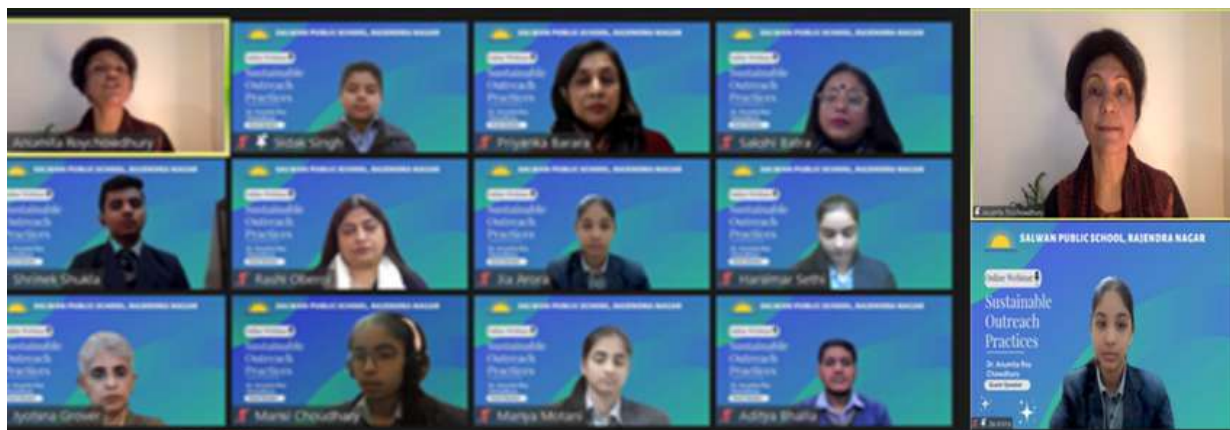
The panelists of the webinar included Ms. Priyanka Barara, Principal, Salwan Public School, Ms. Jyotsna Grover, Vice Principal, Ms. Manu Mehra, Head of the English Department along with the student moderators – Kriti Bhatia (XI D), Sanchi Verma (XI D), Udit Aggarwal (XI E), Jaspreet Singh (XI B) and Pavneet Singh (XI E). During the interactive session, Mr. Marwaha discussed how Millennials are different from the previous generations and how this is impacting the world. He laid emphasis on the need to make the rural areas more technologically advanced. He also laid stress on the fact that creating more job opportunities for the rural population is the need of the hour. Mr. Marwaha shared his concern regarding the people who are not required on farms anymore but need a job or a vocation. He further added that India needs to invest in labour-intensive jobs and shift focus from only capital-intensive value addition. Mr. Marwaha urged the students to remain committed to their goals and develop risk-taking ability. He emphasized that Gen Z could be job creators rather than being job seekers. The students were motivated to look at different viewpoints before forming their opinions. They were encouraged to understand themselves better. The webinar was intriguing, enriching, and enlightening for the Salwanians.



Click here to view: <https://www.youtube.com/watch?v=15nmbrbMINY>

INSPIRING ENVIRONMENT CRUSADERS OF SALWAN...

A WEBINAR ON SUSTAINABLE OUTREACH PRACTICES



To promote a spirit of environmental consciousness among all stakeholders, the School conducted a webinar on the topic 'Sustainable Outreach Practices' on 27th December 2021. Dr. Anumita Roychowdhury, Executive Director, Research and Advocacy, Centre for Science and Environment graced the occasion as the Guest Speaker. The event was streamed live on YouTube and was attended by students from all classes. The session commenced with a welcome address by the School Principal, Ms. Priyanka Barara. The Salwanians got an opportunity to interact with Dr. Roychowdhury. They discussed environmental issues such as global warming, climate change, plastic menace and the high levels of pollution in the river Yamuna. The session was extremely enriching and insightful. The students were encouraged to adopt eco-friendly practices for conserving our resources and protecting the environment.



Click here to view: <https://www.youtube.com/watch?v=n1IPHxfI3gQ>

ENDLESS OPPORTUNITIES AND INFINITE POSSIBILITIES!

CAREER FAIR: 2021-22



Salwan Public School hosted the First Virtual Career Fair on 24th and 25th January, 2022 for the students and parents of Classes IX-XII. Representatives from nine prestigious universities and institutions across India along with our illustrious Alumni who have carved a niche for themselves, apprised the students of the different career options that can be pursued. The highlight of the event was an interactive session with Dr. V. S. Ravindran, a renowned educational psychologist and trainer, and the panel discussion with Ms. Jyotsna Bhardwaj, Founder, Envision India Eduservices. Dr. Ravindran busted different myths related to career paths and encouraged students to give importance to their cognitive ability and aptitude while choosing a career. He laid stress upon the fact that students need to focus on imbibing values and developing skills for accomplishing their goals and fulfilling their dreams. During the panel discussion, young

professionals from different fields reflected upon their journey and shared their experiences with the students to help them find answers to important questions related to career planning. The event witnessed a huge participation of more than 700 students from 15 schools in Delhi.



Click here to view: <https://www.youtube.com/watch?v=ydpfoSwwvyk>



GROOMING RESPONSIBLE GLOBAL CITIZENS... PROJECT COMMONWEALTH CONNECTIONS



International exchange programmes offer a unique opportunity to the students to interact, brainstorm and deliberate with students from a different political and socio-cultural set-up. These programmes not only create a cross-cultural confluence of ideas but also uphold the core values of multiculturalism and cosmopolitanism. As part of the Commonwealth Connections Project, the School organized a Special Assembly to enhance collaboration with the John Henry Newman Catholic College, UK. The event proved to be a fruitful and constructive rendezvous for students and teachers of both the institutions and marked the commencement of a year-long engagement for celebrating the spirit of Commonwealth.





AWAKENING CROSS-CULTURAL SENSITIVITY...

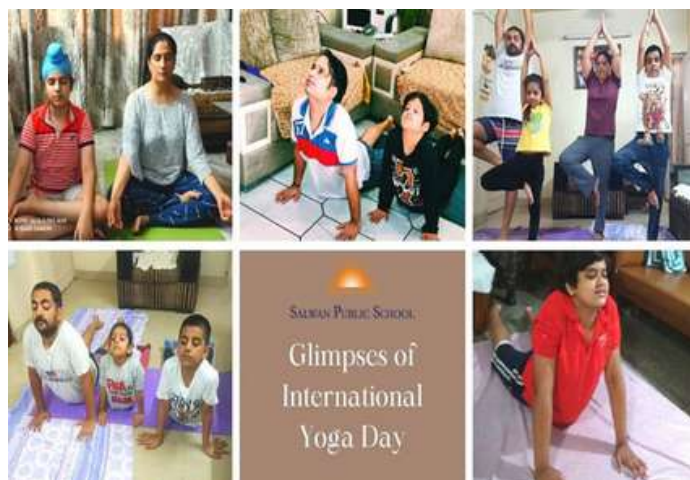
EXCHANGE PROGRAMME WITH THE CHOICE SCHOOL, KOCHI

As part of the ongoing Student Exchange Programme with The Choice School, Kochi, online assemblies were organized in the months of August and October. The event saw a beautiful conglomeration of music and dance from different cultures. Presentations by our partner school from Kochi revolved around Onam, a harvest festival celebrated in Kerala. The students shared the story behind the festival, and enthralled everyone with captivating musical performances and a fashion show. The special assembly put up by our School focused on Janmashtami, a festival that marks the birth of 'Lord Krishna'. The beautiful presentation gave students an insight into the life and teachings of Lord Krishna. To complement the display of exemplary storytelling, the students presented a dance to the tune of *Achyutam Keshavam Krishna Damodaram*. This was followed by the recipe of 'Makhana Burfi' shared by our budding chef- Saikrit Singh, a student of Class V A. The students of both the schools got an opportunity to interact with each other. They shared significant details related to their festivals, culture and ideologies. Mr. Ajith Jacob, Principal, The Choice School, in his address, highlighted the fact that the long association between the two schools has been valuable and fruitful. Ms. Priyanka Barara, Principal, Salwan Public School, in her address, emphasized the importance of organizing interactive sessions that pave the way for the future leaders of our nation to connect with each other so as to equip them with the skills required for building a progressive world and community.

PROMOTING HEALTHY PRACTICES...

YOGA WEEK

We, at Salwan, constantly strive to promote overall well-being of learners through myriad opportunities and multifarious activities. Yoga is the gateway to physical, mental and spiritual well-being. A week-long Yoga Celebration was held from 14th June to 21st June 2021 to commemorate the 7th International Yoga Day. The initiative aimed at encouraging the students, their parents and teachers to practise yoga daily for leading a healthy life. The online program included five days of active yoga training and a quiz on the sixth day for the students and their parents. The enthusiastic participants were also awarded e-certificates.



"Yoga is an invigorating force that helps in upgrading, activating and refining one's inner energies for the highest possibilities."



Graduation Ceremony Pre-Primary & Class V

*"I'll spread my wings, I'm ready to fly...
I'll do whatever it takes to touch the sky!"*

It is rightly said, "To make an end is to make a beginning." To mark the culmination of the pre-school years, Kindergarten Graduation Ceremony was organized for the students of Pre-Primary on 11th March 2022, for the outgoing batch of 2021-2022. The tiny tots, their

parents and teachers celebrated the progress of the young Salwanians together. The event commenced with the 'lighting of the lamp' by Maj. Gen. Sanjeev Shukla, VSM (Retd.), Director, Salwan Public School, Ms. Priyanka Barara, Principal, Ms. Jyotsna Grover, Vice Principal, Ms. Rashi Oberoi, Headmistress along with a parent representative and one of the grandparents who attended the programme. The enthusiastic students mesmerised one and all by presenting 'Story Yoga' and 'Aerobics Show'. Maj. Gen. Sanjeev Shukla, VSM (Retd.), Director and Ms. Priyanka Barara, Principal presented the Graduation Certificates to the little learners who wore graduation robes and caps with pride. They showered their blessings on the young Salwanians and congratulated them on this accomplishment. A role-play depicting the interaction between a pre-primary student and a student from Class I was presented, highlighting the apprehensions, hopes and aspirations of the students who are ready to forge ahead to the primary wing. The grand event culminated with 'The Paani Anthem' based on the importance of water conservation. The students and the parents thanked the School and the teachers for their commendable efforts. The school ground was abuzz with giggles and smiles as parents and children clicked photographs at the 'The Photo Booths', specially created for capturing unforgettable moments of glory.



CELEBRATING MILESTONES



The Graduation Ceremony for the students of Class V (Batch of 2021-2022) was organised on 14th March 2022. The young Salwanians were overwhelmed with excitement as they donned graduation caps and celebrated their progress from the primary wing to the senior wing. It was a proud moment for the Salwanians as they received Certificates from the Principal, Ms. Priyanka Barara and the Headmistress, Ms. Rashi Oberoi. The Principal and the Headmistress congratulated the students and gave best wishes to them for their bright future. The students of the outgoing batch of Class V shared their memorable experiences that would remain etched in their hearts forever. They also shared their feelings and emotions on this momentous occasion. They expressed their heartfelt gratitude towards their teachers for laying a strong foundation for their all-round development. The young Salwanians pledged that they would always cherish and uphold the values inculcated in them during their wonderful journey in the primary wing. The rising stars of Salwan expressed their joy and enthusiasm by presenting enthralling dances, songs and soul-stirring renditions. The students and teachers created everlasting memories together!



WE ARE FUTURE-READY!

***"Climb high, Climb far
Your goal the sky, your aim the star!"***

MEMORIES LAST FOREVER... BIDDING ADIEU



The Management and Staff of the School bid adieu to its four reverend staff members - Ms. Sushma Gupta, Ms. Anupam Anand, Ms. Latha Ramachandra and Ms. Rekha Bahl on 31st October 2021 after more than two decades of their unstinted service to the institution. A presentation highlighting the glimpses of the time spent in school made the staff members walk down the memory lane. This was followed by a soulful rendition by the Music Department which was appreciated by one and all. A certificate of our appreciation and a memento were presented by Maj. Gen. Sanjeev Shukla, VSM (Retd.), Director, Salwan Public School. Ms. Priyanka Barara, Principal felicitated the superannuating staff members with a shawl. Ms. Jyotsna Grover, Vice Principal and Ms. Rashmi Oberoi, Headmistress presented potted plants to them as a token of love. The superannuating staff members expressed their gratitude towards the heads for their able guidance. They thanked the School Management and Staff for the constant support and cooperation throughout their gratifying journey.

***"Goodbyes are not forever. Goodbyes are not the end.
They simply mean we'll miss you, until we meet again."***

ACHIEVEMENTS GALORE

TORCHBEARERS OF EXCELLENCE CARVE THEIR OWN SUCCESS STORIES!

HALL OF FAME...

CBSE BOARD RESULTS OF CLASSES X AND XII (2020-2021)

The shining stars of Salwan created history through their exemplary performance in the CBSE Board Exams 2020-2021 for Classes X and XII. Taking into their stride the challenges posed by the pandemic, the young Salwanians emerged with flying colours owing to their perseverance, diligence and determination. This remarkable feat stands testimony to the fact that hard work is the key to success! We are proud of our outstanding achievers and their extraordinary accomplishments!

CBSE CLASS X SCHOOL TOPPERS



PARTH NIJHAWAN
98.6%



SUMEDHA LONGANI
98%



MAHEEP SINGH
98%



VEDAANTA HAJELA
97.8%

STUDENTS SECURING 100 %



VEDAANTA HAJELA
MATHEMATICS



ANAND MISRA
SANSKRIT



PRISHA SHARMA
HINDI



UDAYADITYA SHARMA
SCIENCE



SNEHA MALIK
SCIENCE



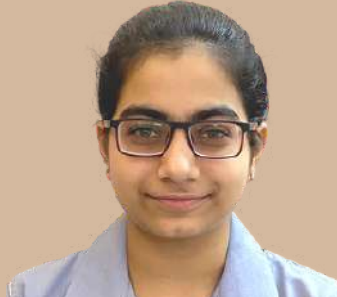
SUHANI MARJARA
SOCIAL SCIENCE



PRAKHAR DANGWAL
PAINTING



PARTH NIJHAWAN
HINDI & SCIENCE



SUMEDHA LONGANI
HINDI & SOCIAL SCIENCE



MAHEEP SINGH
MATHEMATICS

STUDENTS SECURING 100 %



PIYUSH SANTRA
SANSKRIT



ARNAV V RAJU
FRENCH



VINIT BHILWARA
PAINTING

CLASS X SUBJECT TOPPERS

ENGLISH	KAMYA DEWAN	98
	MAHEEP SINGH	98
MATHEMATICS	MAHEEP SINGH	100
	VEDAANTA HAJELA	100
SCIENCE	PARTH NIJHAWAN	100
	SNEHA MALIK	100
	UDAYADITYA SHARMA	100
SOCIAL SCIENCE	SUHANI MARJARA	100
	SUMEDHA LONGANI	100
HINDI	PARTH NIJHAWAN	100
	PRISHA SHARMA	100
	SUMEDHA LONGANI	100
SANSKRIT	ANAND MISRA	100
	PIYUSH SANTRA (SPSA)	100
PUNJABI	VAIBHAV	95
FRENCH	ARNAV V RAJU	100
PAINTING	PRAKHAR DANGWAL	100
	VINIT BHILWARA (SPSA)	100
MUSIC	PRAKHAR DANGWAL	99
COMPUTER APPLICATION	MAHEK SEHRAWAT	88

CBSE CLASS XII STREAM TOPPERS



NEHA JAIN

98.4%

SCIENCE STREAM



TANYA KAPOOR

98.4%

SCIENCE STREAM



RAUNAK JAIN

99%

COMMERCE STREAM



NEHA JAIN

98.6%

HUMANITIES STREAM

STUDENTS WITH 100 % SCORE



NEHA JAIN

MATHEMATICS & BIOLOGY



BINEET BARMAN

MATHEMATICS



NEHA JAIN

ECONOMICS



HARSHITA ARORA
BUSINESS STUDIES



RISHIKA
MUSIC



TANYA KAPOOR
BIOTECHNOLOGY



ANEESH MATTOO
PHYSICAL EDUCATION



BIKRAM PAUL
PAINTING

CLASS XII SUBJECT TOPPERS

ENGLISH	RAUNAK JAIN	99
	SHEFALI RAJPAL	99
	VAIJAYANTHI S KUMAR	99
PHYSICS	KUSHAL MITTAL	99
CHEMISTRY	BINEET BARMAN	97
	CHIRAG GUPTA	97
	KUSHAL MITTAL	97
	MONISH VIJ	97
	SHEFALI RAJPAL	97
	VAIJAYANTHI S KUMAR	97
	SIDHI GOEL	97
	VANSH ANAND	97
	ANSHIKA AGGARWAL	97
	NEHA JAIN	97
	TANYA KAPOOR	97
	ANEESH MATTOO	97
COMPUTER SCIENCE	KUSHAL MITTAL	97
	VAIJAYANTHI S KUMAR	97
HISTORY	NEHA JAIN	99
ACCOUNTANCY	AARUSHI CHAUDHARY	99
	HARSHITA ARORA	99
	RAUNAK JAIN	99
	DRISHIKA BATRA	99
	HARSHEEN KAUR	99
	MANYA ARORA	99
	SHRINGESH CHADDHA	99
	ANANYA NANGIA	99
	ARYAN KAPOOR	99
	HIMANSHI MALIK	99
	NAVNOOR KAUR SOKHAL	99
	SAGAR BAJLOTRA	99
GEOGRAPHY	SONAL SINGLA	99
	DAMIA ARORA	99
	ISHA GANDOTRA	99
POLITICAL SCIENCE	ARUSHI BANSAL	99
	ARYAN SARAWGI	99
	ANUSHKA GAIROLA	99
	ISHIKA TANWAR	99
	MANSHA ANGURALA	99
	MANSHA GUPTA	99
	NEHA JAIN	99
	VIDUSHI MISHRA	99
	VISHAKHA SINGH PUNDIR	99

CLASS XII SUBJECT TOPPERS

HINDI	AANCHAL MAKHIJA	96
	CHANCHAL SONI	96
	SANCHITA KAR	96
PSYCHOLOGY	MANSHA GUPTA	99
MUSIC	M DIVYA	98
	AANCHAL MAKHIJA	98
	VRIDHI JAIN	98
LEGAL STUDIES	ARYAN SARAWGI	97
MASS MEDIA	VISHAKHA SINGH PUNDIR	99

OUTSTANDING TEACHERS LEAD THE WAY!

“A good teacher can inspire hope, ignite the imagination, and instill a love of learning.”



IIHM TEACHER'S DAY AWARD 2021

The School Principal, Vice Principal along with eight faculty members were felicitated by the International Institute of Hotel Management, for their commitment, dedication and contribution to the field of education. It is an accomplishment that showcases their passion and persistence whilst inspiring students to strive for excellence.

GROOMING CHAMPIONS OF TOMORROW



“Excellence is the result of high intention, sincere effort, skillful execution and above all, the vision to see obstacles as opportunities.”

SCALING THE ZENITH OF EXCELLENCE IN EVERY SPHERE!



Name of the Event	Organised By	Winner	Class - Sec	Achievement
Zonal Debate Competition 2021	Zone 28, DOE	Jia Arora Gurbani Kaur	X C IX D	II Position
District Level Debate Competition 2021	Central District, DOE	Jia Arora Gurbani Kaur	X C IX D	I Position
Zonal English Essay Writing Competition	Zone 28, DOE	Saksham Bidani	VIII E	I Position
Zonal English Slogan Writing Competition	Zone 28, DOE	Binwant Singh	VIII D	II Position
Zonal Hindi Essay Writing Competition	Zone 28, DOE	Bhavya Kalra	VIII B (AFT)	I Position
Zonal Punjabi Poem Recitation	Zone 28, DOE	Jeewanjot Singh	IX B	I Position
Zonal Music Competition	Zone 28, DOE	Lavanya Sachdeva Gurnoor Manchanda	XI B IX C	I Position II Position
Inter-School Debate Competition	Tulip International School	Jia Arora Kanak Sharma	X C X B	I Position
Epiphany 2022	St. Thomas' School	Yatharth Dahuja	XII A	I Position
Eloquence- Inter-School Literary Event	K.R. Mangalam World School, GK II	Dhwani Sharma Hemang Jarolia Vaishnavi Pathak	VIII C VIII D IV D	II Position I Position II Position
Maxfest 2021	Maxfort School	Aarav Gupta	VII A (AFT)	I Position
Melange 2021	Suncity School, Gurugram	Vaishnavi Pathak Kavya Arora	IV D IV B	I Position
Mathletics 2021	DPS, Gurugram	Souvik Sasmal	VII A (AFT)	Jury Award
Explorika 2021	Bal Bharti Public School	Ananya Mahajan Udita Aggarwal Drish Goel	XI F XI E IX A	II Position II Position III Position





Name of the Event	Organised By	Winner	Class - Sec	Achievement
Vidhyarthi Vigyan Manthan	Vijnana Bharati, Vigyan Prasar and NCERT	Jayesh Goyal Kumar Siddhant Somya Kumar Hemang Jarolia Drish Goel	VII B VIII B IX B VIII D IX A	I -West Delhi District II -New Delhi District III -Central Delhi District III -West Delhi District Qualified for State Level Camp
Anastomosis-2021	AIIMS	Aryan Gupta Ritish Divyanshi Gupta Pakshalika Chaurasia	X A IX D X E X A	6th Rank 10th Rank 18th Rank 26th Rank
Mindspark 2021 – Inter-School Science Competition	Salwan Public School, Gurugram	Kshitij Tanwar Aditya Khanna Seerat Kaur	VIII B VIII C VI B	Outstanding Achievement A+ Performer
Together We Can Challenge – 2021 Competition	Nirmal Bhartia School, Dwarka	Ridhima Budhiraja Palak Gupta Dishita Ahluwalia Anand Mishra	IX C IX C XI A XI B	Runners - up Trophy
Flameless Cooking Challenge	Curious Times (Online Magazine)	Niyati Singh Risha Malik Navya Singh Ranya Kalra Charvi Kalra	VIII B (AFT) IX C VII A (AFT) VII D VII A (AFT)	Outstanding Performers
All-India Asteroid Search Campaign	SPACE India	Saksham Bidani Ashmit Agarwal	VIII E IX A	Provisional Discovery of an Asteroid
Salwan Model United Nations E-Conference 2021	Salwan Public School, Mayur Vihar	Ananya Mahajan Adarsh Jain	XI F XI F	Special Mention Uprising Speaker Award
Model United Nations Conference	The Heritage School, Vasant Kunj	Mohak Khanna Sabal Handa	XII F XI B	Special Mention Appreciation





Name of the Event	Organised By	Winner	Class - Sec	Achievement
Sustainable Development Goals Congress 2021	Bal Bharti Public School, Dwarka	Saarthak Sehgal Sharvil Rai Aryan Chawla Ashmit Aggarwal	IX E } IX E } IX C } IX A }	Maximum Outreach Award Special Mention
The India Heritage Quiz Competition	Cyaanspace	Aarshveen Kaur Vohra Keya Jarolia	VIII D IV C	Perfect Score & I Position III Position
Synergy 2021	Srijan School, Model Town	Gurbani Kaur Kriti Bhatia Rohnit Anand Reet Madaan Nikhil	IX A XI D XI C } XI C } XI C }	I – Exploravision Runner-up- Sociotisement Runners-up- Comical Learning
Commerce Talent Search Test – Commerce Wizard	Committee on Career Counselling of ICAI	Sumedha Longani Sirjan Singh Nanda	XI D XI E	Consolation Prize
Coding And Robotics Boot Camp	Techradiance	Vaishnavi Pathak	IV D	First Runner-up Award
Technophilia 2.0	Mamta Modern Senior Secondary School	Kavya Arora Aaradhya Kumar Gurnav Singh Hemang Jarolia	IV B } IV B } III D VIII D	I Position I Position I Position
International Inter-School Techno Fest 2022	Alliance University, Bengaluru	Lavanya Sachdeva Deshna Jain Geet Vijayvergia	XI B XII B XII B	Three projects were shortlisted among the Top 50 Finalists.
Zonal Level Painting Competition	Directorate of Education	Souvik Sasmal	VII A (AFT)	I Position
State Level Painting Competition	Directorate of Education	Souvik Sasmal	VII A (AFT)	I Position
Asian Drawing Competition 2021	Asian Institute of Medical Sciences, Faridabad	Souvik Sasmal	VII A (AFT)	II Position





Name of the Event	Organised By	Winner	Class - Sec	Achievement
Chunauti – 2021	Apeejay Public School, Saket	Bhoomika Maity Samriddhi Shah Ridhima Manchanda Nayesha Chawla Ekangunn Kaur Pehar Surana Antara Kendurkar Gurnoor Singh	VII A (AFT) VII B (AFT) VII E VII B VIII B VIII A VIII A (AFT) IX C	III Position
Inter-School Competition - Avant Garde 2021	Army Public School, Noida	Kannanvir Singh Sanchi Garg Rohnit Anand Niharika Chauhan Kavya Singh Yukti Mehta Jivika Malkani Aditya Singh Khushi Singhal Avantika Gujral	VI D XI C XI C XI B XI B IV A IV C IV D V B V B	II Position III Position II Position II Position
Inter-School Art Competition	The Modern School, ECNCR	Charvi Gupta	III A	Certificate of Appreciation
Chunauti 2021 - Reservoir History	Apeejay Public School, Saket	Souvik Sasmal	VII A (AFT)	II Position
Inter-School Painting Competition	Delhi City School, Rohini	Charvi Gupta Taashvi	III A III B	The Star Painting Award Special Appreciation
INSPIRE AWARDS - MANAK	Dept. of Biotechnology, Govt. of India	Navya Sharma Drish Goel Tanisha Kumar Hemang Jarolia	X C IX A VI E VIII D	INSPIRE AWARD
District Punjabi Poem Recitation	Central District, Directorate of Education	Jeewanjot Singh	IX B	I Position



Name of the Event	Organised By	Winner	Class - Sec	Achievement
Delhi State School Games Cricket Tournament	Directorate of Education	Saiansh Bhatia	IX D	Outstanding Performance
Zonal Yoga Competition	Zone 28, DOE	Riddhimaa Digpaul	VIII E	II Position
		Yishika Patney	VII A (AFT)	III Position
		Yug Patney	IX B (AFT)	III Position
Zonal Athletic Meet 2021	Zone 28, DOE	Ojas Gaur	XI F	I, III, & IV Position
		Krish Kumar	IX A	I, I Position
		Kavanpreet Singh	X A	II Position
		Akul Bhugra	XII E	I, I Position
		Rijak Singh	XI B	II Position
		Kashika Gupta	XII B	I & II Position
		Diya Bhatnagar	XI F	III Position
		Yashika Sagar	X D	I, I, & II Position
		Achint Kaur	IX A	III Position
		Granth Sarsonia	X E	I Position
		Labhansh Sharma	XI F	II & III Position
		Yuvraj Singh	X C	III Position
Zonal Athletics Championship	Zone 28, DOE	Yashika Sagar	X D	2 Gold and 1 Silver Medal
Basketball Zonal Championship – 2021-2022	Zone 28, DOE	Senior Girls Team		I Position
		Senior Boys Team		II Position
		Junior Boys Team		III Position
Fit India Movement	Ministry of Youth Affairs and Sports	Students & Staff		Certificate of Recognition
Inter-School Om Bliss Yoga Competition	Apeejay School, Saket	Riddhimaa Digpaul	VIII E	II Position
State Level Gymnastics Championship 2021-22	Directorate of Education	Yishika Patney	VII A (AFT)	III Position
		Yug Patney	IX B (AFT)	III Position
		Utsav Kumar	XII C	III Position
		Tanishq Tuseed	XII C	III Position
District Hindi Essay Writing Competition	Central District, Directorate of Education	Bhavya Kalra	VIII B (AFT)	III Position

SCHOOL BUZZ

WIDENING THE ACADEMIC HORIZONS THROUGH EXPERIENTIAL LEARNING

CIRCLE TIME...PROMOTING OVERALL WELL-BEING

Circle Time Sessions are interactive sessions organized in all classes on a regular basis to provide a platform to the students to express their thoughts, opinions and ideas freely without any inhibitions. The students share their experiences, feelings and emotions with their classmates during these sessions. As the students interact with their peers and teachers, they assert their uniqueness. They discuss their viewpoints on topics ranging from emotions, empathy, health, safety, general awareness, festivals, celebrations and inspirational stories. Hands-on activities are also conducted during the sessions as some children express themselves through handiworks. The Circle Time sessions are conducted with the aim of promoting emotional, social, spiritual and mental well-being of the young Salwanians.



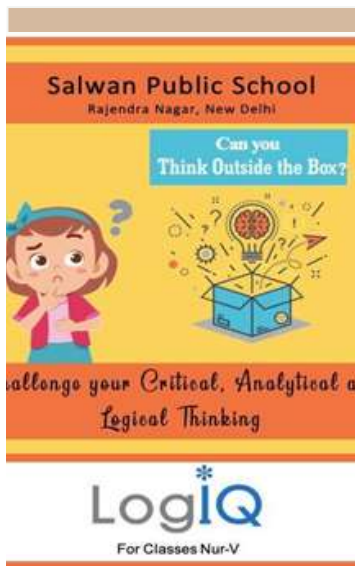
SKILLFUL TUESDAYS

KINDLING PASSION, CHASING DREAMS & EXPERIENCING 'AHA MOMENTS'!

With the aim of encouraging the young Salwanians to pursue their passion and develop their innate talents, Skillful Tuesdays have been introduced this year. Taking up a hobby is the best way to utilize one's leisure fruitfully and constructively. Every Tuesday, students from Nursery to Class V enjoy fun-filled club activities including Calligraphy, Yoga, Aerobics, Coding, Vocal Music, Dance, Art & Craft and Gardening. These activities help in building self-confidence in learners whilst boosting their self-esteem. Together, the students and teachers experience some wonderful 'Aha Moments'. The Hobby Clubs enable the students to hone their skills and maximize their potential.



"The future belongs to those who believe in the beauty of their dreams."



LOGIQ ...

MASTERING SKILLS AND SHARPENING THE MIND

With the aim of developing critical thinking skills, logical reasoning and analytical skills in young learners, 'LogiQ' programme has been introduced this year for the students of Nursery to Class V. 'LogiQ' worksheets specially designed to hone the essential 21st century skills in learners are shared on a weekly basis. The students have been participating in this programme enthusiastically. Through this initiative, we endeavour to groom divergent thinkers. A wide variety of brainstorming and mind tickling activities such as Brain Teasers, Palindromes, Puzzles and Riddles are included for developing out-of-the-box thinking skills in students.

READ TO LEAD NURTURING A NATION OF READERS

“Today a reader, tomorrow a leader!”



To instill a love of reading in our students, a unique Reading Programme ‘Read to Lead- Nurturing a Nation of Readers’ has been launched for the students of Nursery to Class V. The aim of the programme is to groom happy, voluntary, and voracious readers. Book titles are announced as the ‘Books of the Month’, for each class, in the beginning of every month. Students are encouraged to procure and read the books. A ‘Virtual Book Fiesta’ is organized for each class, wherein the students are engaged in a plethora of activities based on the books read by them. Our avid readers and young book lovers enjoy intriguing activities such as role-play, excerpt-reading, book discussion and panel discussion during the Book Fiesta. Through this exciting campaign, we endeavour to provide an opportunity to our students to enhance their language skills.

AMALGAMATING FUN & LEARNING ... PLAY DATES FOR NURSERY AND PRE-PRIMARY



Play dates were organised for the students of Nursery and Pre-Primary on 1st December 2021 and 9th November 2021 respectively, in the school premises. The play dates provided an opportunity to the tiny tots to meet and interact with their teachers and friends. The young Salwanians enjoyed playing games in the School’s play area. They were engaged in a variety of fun-filled activities curated especially for them. These activities included Story Yoga, Sandpit Play, Sensory Path, Dance and Fun Time on Swings. Some DIY activities with Montessori Apparatus were also conducted along with sports activities. The enthusiastic parents participated in the activities along with their wards and appreciated the initiative undertaken by the school. Strict adherence to Covid norms was ensured during the play dates.

LEARNING BY DOING...PRACTICAL LIFE SKILLS SESSIONS FOR NURSERY AND PRE-PRIMARY

Life Skills Sessions are conducted for the students of Montessori to develop social skills, emotional skills and problem-solving skills in them. With the aim of nurturing independent learners, purposeful activities are conducted during the life skills sessions. The students are engaged in hands-on activities and tasks such as rolling a mat, dusting a table, introducing oneself, pouring, lacing, sorting, squeezing an orange, etc. These activities help in developing concentration, motor control and coordination in students. The students also acquire essential life skills such as patience, good habits, etiquettes etc. and gain knowledge through practical experiences.



“Tell me, and I will listen; Teach me, and I’ll remember; Involve me, and I will learn.”



GATEWAY TO LEARNING: MULTI- SENSORY APPROACH

Multi-sensory learning approach used in the Nursery and Pre-Primary involves the engagement of more than one sense at a time while learning. The integration of visual, auditory and kinaesthetic-tactile pathways has helped in enhancing children’s ability to learn and apply the concepts. The students are able to experience a lesson through multiple pathways that stimulate their brains. The multi-sensory approach helps in maximizing the learning outcomes. Songs, rhymes, physical exercises, yoga, stories and hands-on activities that stimulate all the senses are conducted for enabling the students to acquire the essential skills. The recent addition of the Sensory Learning Area saw active learning during the ‘play dates’ organised by the school.



BE SOMEONE’S SANTA... IMBIBING A SPIRIT OF SELFLESS SERVICE

A Little Sharing + A Little Caring = Happiness Multiplied

Upholding our motto – ‘Service Before Self’, a special activity ‘Be Someone’s Santa’ was organized to imbibe a spirit of selfless service in young learners. Highlighting the importance of sharing and caring, the students of Classes I to V were encouraged to celebrate Christmas by being a Santa to someone. The young Salwanians shared their joy with the less fortunate by distributing sweets, fruits, vegetables and clothes among the poor and needy. They brought a smile to weary faces and they were rewarded handsomely with good wishes and blessings.



“How far that little candle throws its beams! So shines a good deed in a weary world.” ~ William Shakespeare

AUDIO LIBRARY...

GROOMING SELF-DIRECTED LEARNERS

With the aim of developing effective language skills and inculcating essential life skills in our students, an Audio Library has been launched for the students from Nursery to Class XII. Through this initiative, we endeavour to provide an opportunity to our students to develop their listening skills, communication skills and comprehension skills whilst enriching their vocabulary. Our enriched Audio Library is replete with a plethora of books that are immersive, educational, interesting and inspiring. Stories narrated and recorded by our teachers have also been included in the Playlist - "Our Voice: Storytime". The Salwanians are harnessing the power of active listening by exploring the Audio Library and by utilizing the resources effectively.



A JOURNEY OF EXPLORATION & SELF-DISCOVERY

DEVELOPING 21st CENTURY SKILLS THROUGH DIGITAL LEARNING

CELEBRATING MYRIAD HUES OF OUR RICH CULTURE



Gandhi Jayanti...
Sowing Seeds of Humanity



Children's Day...
Celebrating the Spirit of Childhood



Dussehra ...
Celebrating the Victory
of Good over Evil



Diwali ...
Lighting Lamps of Hope and
Imbibing Moral Values



Christmas Celebrations...Infusing a Spirit of Togetherness



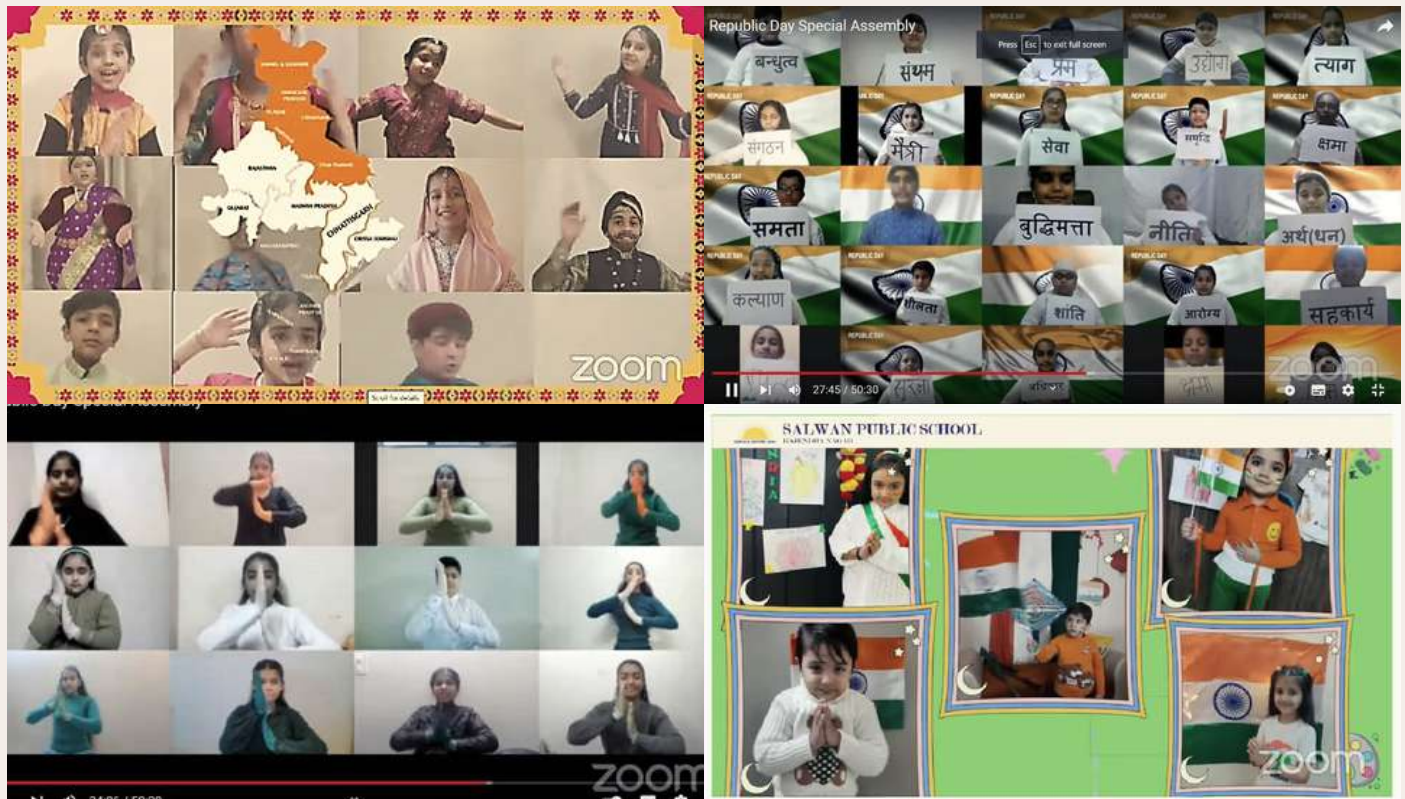
Lohri and Makar Sankranti ... Celebrating Universal Brotherhood & Harmony



Janmashtami Celebrations... Imbibing the True Essence of the Bhagwad Gita

Teachers' Day Celebrations... Saluting the Nation Builders!

Republic Day Celebrations Inculcating the Spirit of Patriotism...



Celebrating Unity in Diversity and the Spirit of Togetherness



Patriotic Fervour in Full Swing... Unfurling the National Flag with Pride

“Let us together commence a journey of peace, harmony, and progress.”

SHAPING LIVES THROUGH ALL-ROUND PERSONALITY DEVELOPMENT & CHARACTER-BUILDING



National Girl Child Day...
Raising awareness to promote the rights of the girl child...



International Day Against Bullying and Violence...
Awareness & Action



Human Rights Day...
Focusing on Conscious Citizenship



World Environment Day ...
Promoting Environmental Consciousness



World Book Day...
Inculcating a Regular Reading Habit among Learners



Pottermania: All Aboard the Hogwarts Express...
Experiencing Magic!



SPIC MACAY Online Dance Workshop

for Classes IV – IX conducted by Guru Rajendra Gangani, one of the leading practitioners of the Jaipur Gharana Style of Kathak

IGNITING CREATIVITY AND IMAGINATION

Through Hands-On Activities



CURATING CREATIVITY

**The Pen is Mightier than the Sword...
Our Budding Authors Prove their Mettle!**

TARA SABHARWAL CREATES MAGIC YET AGAIN!

Climbing the ladder of success, our writer prodigy, Tara Sabharwal of Class VII-C has added another feather in her cap by publishing one more book: 'An Amazing Rescue – A Groom Lost in a Jungle'. Tara brought glory to the school by becoming the youngest author at the age of eight, when she published her first book titled - 'Once Upon a Time...Modern Time Moral Stories'. The School is proud of the twinkling 'Star' - Tara Sabharwal.



KAMYA DEWAN EXPLORES HER FLIGHTS OF FANTASY...

Kamya Dewan of Class XI C has got her first adventure fantasy novel - 'The Adventure Calls: A Voyage to Hozphine Island' published. The book shares an interesting story of a group of adventurous children. While vacationing on an island, the enthusiastic children solve many mysteries together. The book can be bought in the form of an E-book from different web portals.

OUR CREATIVE CRUSADERS SHOWCASE THEIR IMAGINATIVE PROWESS

YOUR PAGES COMPETITION 2021

The budding writers of Salwan proved their creative prowess through their insightful poems and stories written in the most remarkable manner. Eleven Entries of our students have won the 'Your Pages Competition 2021', an Annual Competition organised by Children's World Magazine. The entries have been featured in the November 2021 edition of the magazine.



"Imagination is the spark that ignites the fire of creativity."

LET'S NURTURE OUR RICH CULTURE

OUR CULTURE DEFINES US

Our culture shapes our beliefs, attitude and values. Values determine our future. Values guide our decision-making power and help us to develop a sense of what's important and what's right for us. Culture and values lay the foundation for individuals to develop their identities. Together they help in developing the personality of an individual. They define us and enable us to shape our lives. They help us to lead a meaningful and purposeful life. Let's paint the canvas of our lives with the brush of our values dipped in vibrant colours of our culture.

Vihaan Batra (V D)

OUR VIBRANT CULTURE AND TIMELESS VALUES

Culture is a reflection of a community or a nation. This makes culture an important determining factor of how the community reacts, responds, and grows. Culture plays a major role in the lives of everyone in the society. It encompasses languages, religions, cuisines, social habits, music, arts and other important aspects of the society or the community. It gives us a sense of belongingness. Values are basic and fundamental beliefs that guide our attitudes and actions. Honesty, compassion and respect for others are some values that we should try to imbibe in ourselves. Our culture and values shape our behaviour and our overall personality.

Arshiya Sachdeva (V C)

I VALUE MY CULTURE BECAUSE IT IS ...

I- Incredible

V-Vibrant

A- Amazing

L - Legendary

U- Unique

E- Exquisite

M- Majestic

Y- Youthful

C- Charismatic

U -Ultimate

L- Liberal

T- Trailblazing

U-Unmatched

R- Regal

E- Enthralling



Vihaan Batra (V D)

EMBRACING OUR TRADITIONS ...

Traditions represent a critical part of our culture. They remind us that we are part of a history that defines our past, shapes who we are today and who we are likely to become in future. It is essential to preserve our cultural heritage to maintain our uniqueness as a nation. Traditions foster a spirit of togetherness. They bring families together and enable people to bond with each other. In today's fast-paced world, people are not able to follow their traditions due to lack of time. Some of our traditions are truly valuable. We must try to encourage people to practice value-based traditions that can be beneficial for our society.

Vishakhapriya Sardana (V C)

THE POWER OF VALUES AND CULTURE

While carrying me in his hold,
My father had once told,
"That the race though is fun
But without values cannot be won."

Values we need to learn,
To become a good human,
Each value is a beautiful song
That teaches us what is right and what is wrong.

We are proud of our glorious culture.
Our roots we need to nurture.
Just like a magic wand,
Our culture helps us bond.

Culture makes us feel, we belong -
This makes us feel strong.
Through our culture we unite,
And together, we can scale a greater height.

After mummy treated her blister,
She told my little sister
That the race though is fun,
But without values, it cannot be won!

Khanak Rustagi (IV C)

BUZZING BEES....

We toil and buzz like bumble – bees.
We love Mother Nature. We love trees.
Our books are full of drawings that are colourful.
Our virtual classrooms have made our lives so cheerful.
The students in my school are all champions,
We are all proud to be Indians!!!

Deetya Bhanot (V A)

WE ARE THE CUSTODIANS OF OUR CULTURE AND VALUES

It is said, "Practice makes a man perfect". However, I firmly believe, "Strong values make a man perfect." Values form the foundation for creating a perfect human being. A person endowed with values is loved and respected by everyone. We should follow our values such as obeying elders, maintaining cleanliness and hygiene, respecting others, helping the needy, showing compassion towards birds and animals, etc. India is a wonderland with diverse cultures. Each state in India has a unique culture with distinct traditions, customs, languages, food, dress and lifestyles. But, despite the differences in our cultures, we, the people of India, live together in peace and harmony reflecting universal brotherhood and the spirit of togetherness. We are proud of our 'Unity in Diversity'. The beauty of the world lies in the diversity of its people.

V – Vision and Appropriate Actions

A – Acceptance and Respect for Everyone

L – Love and Harmony

U – Universal Brotherhood

E – Ethics and Responsibilities

S – Selfless Service

Pragya Kawatra (V B)



VALUES PAVE THE WAY FOR A SUCCESSFUL LIFE

It is rightly said, “A highly developed value system is like a compass. It serves as a guide that points in the right direction when we are lost.” Value system is like a north star that guides us and helps us decide what is right and what is wrong whenever we are caught in a dilemma. Honesty, equality, kindness, compassion, empathy, truthfulness and

respecting others are the core values of Indian culture. These values are generally inculcated in a child by the family, especially parents. Different cultures have different value systems. In India, as a part of our culture, we respect elders and obey them always. Value system originates from the culture of the land. It is very important that we follow our value systems religiously. A person's values determine his or her character and actions. The value system expresses who you are and what you stand for. Lord Buddha stood for compassion, Mahatma Gandhi stood for truthfulness, Netaji Subash Chandra Bose stood for patriotism and valour and Guru Gobind Singh stood for sacrifice. When we read about the inspiring lives of such great leaders, we conclude that if we stand by our principles and values, we can surely accomplish the ultimate goals of our lives.



Vidhi Bhatia (IV C)

OUR CULTURE, OUR IDENTITY!

Our culture fosters unity.
We are proud of our unity in diversity.
Our culture is the life and blood of our vibrant society.
We are proud of our rich legacy.
Emphasising upon the welfare of humanity,
Our culture focuses on values – honesty, integrity and generosity.
We believe in serving others selflessly with humility.
Our culture gives us a sense of security.
Ready to face challenges with a strong determination and courage,
We are proud of our varied heritage.
We take great pride in our customs and traditions,

They fill our lives with joyful celebrations.
Our culture is truly magnificent,
Our values give us a sense of fulfilment.
We respect other cultures as differences make life interesting.
Learning from each other is really intriguing!
People from diverse cultures stay together in harmony.
Together, we create a marvellous symphony.

Ms. Mala Kapoor
(Assistant Teacher)

SNIPPETS

OUR VALUES ARE IMPORTANT FOR US BECAUSE...

Values help us cultivate good qualities and habits for leading a healthy, self-disciplined and happy life.

Divyanshi Nimesh (V-A)

Values shape our thoughts, behaviour, attitude and actions. They guide us and show us the right path.

Vansh Dhingra (V -B)

Values help in building our character and developing our overall personality. A person with strong values is valued, loved and respected by everyone.

Sanvi Rajpal (V -B)

Values help us to grow. The decisions we make are a reflection of our values and beliefs.

Vaibhav Singh (V-B)

Values help us find our true purpose in life. They help us to realize our full potential.

Geeth Gambhir (V-A)

Values bind us together and foster a sense of community. They help develop a spirit of service in us.

Agrim Gandhi (V -A)

Values help us to face challenges bravely and make the right decisions. They enable us to have a positive attitude in life.

Snehal Dogra (V -A)

MINDFULNESS – ECO-METER

Are you an environment-friendly individual? Do you take care of your environment?

Choose any one of the options to answer each of the following questions.

A. What do you do with your old clothes, books and toys?

1. throw them on the street outside your house
2. hide the old ones in the storeroom so that you can get new ones
3. play with them sometimes
4. give them to the needy children

B. What do you do with the food leftover on your plate, if you don't feel like finishing it?

1. throw the food into the dustbin
2. try to trick someone to finish the food
3. feed the stray dogs, cows or birds
4. eat the food later when you feel hungry



Add the number of the options chosen by you for the two questions. The sum of the two numbers will give you your "mindfulness" score. Check the result with the help of the key given below.

Result

8 points	Excellent
6-7 points	Good
4-5 points	Fair
2-3 points	You need to be eco-friendly. You must take care of the environment by following the 4Rs- Refuse, Reduce, Reuse & Recycle.

Sidak Singh (V A)

LETTER TO THE ALMIGHTY...

Dear God

I am hale and hearty here and I hope that you are enjoying yourself in heaven. I would like to express my gratitude for all the wonderful gifts that you have given me. I would like to thank you for giving me a healthy body, a caring family and above all, a wonderful life. Thank you so much for creating this beautiful world. I have heard stories of your incarnations. The stories of Lord Krishna, Lord Jesus Christ and Lord Buddha are truly inspiring and have taught me many valuable lessons. I promise to follow the path of righteousness. I wish I could meet you! Please shower your blessings on me.

Yours affectionately

Rishita Gandhi (V B)

"An attitude of gratitude creates blessings."

VALUES AND CULTURE

Values and culture make us what we are;
and make us different from what others
are.

Culture teaches us practices to follow;
and makes our hearts merry and mellow.

Values tell us how to behave;

Values are precious, we must save.

Great heights, values help us reach -

We must practice them ourselves before
we preach!

Saakhi Kaur (IV C)

MY NATION, MY PRIDE

Self-sufficient yet tolerant,

Gentle yet Vibrant,

Unity in Diversity

With unparalleled generosity,

Spreading wings with deep roots,

Mature tree, bearing fruits,

Providing shade to all,

Kingdoms may rise or fall,

Rich culture is its strength,

Emergence of Vedas, Upanishads at length,

Land of festivities and celebrations,

New India is the upcoming sensation!

Ms. Seema Sharma
(Assistant Teacher)

NINE NIGHTS OF EPIPHANY

The faint piano melody that was filling the living room came to a halt. "Do you really need to fast for a week?" I looked up from the piano with an arched brow. "You don't need to do anything. I choose to keep a selective fast. It's not so bad," My mother replied, setting her papers aside. Everyone around the house was busy preparing for Navratri which was around 6 days away. I needed a break from the hustle bustle so I occupied the least chaotic room (which was ironically the living room) where she decided to join me and complete her university work before the festivities.

"Why go through the torture of restraining yourself from eating food? You teach science you should know better." I rotated one-eighty degrees to face Mom. Perhaps this pounding question in my head wasn't letting me focus on my music, I thought. "Self-control is an excellent grounding technique to test your gluttonous gratification." She explained. I knew she was purposefully using psychological terms to make the reason behind it sound convincing. I didn't blame her; after all, she was a professor of Neuroscience and Psychology.

"Sometimes we follow traditions to respect the ways of people who came before us, just like you are playing Piano Sonata No. 14 over there." She pointed out.

"That's different." I protested. She shrugged her shoulders in defeat.

"Why don't you go and organise your shelves? And while you're at it, dig a little deeper in mine and fetch my blue file." She went back to scanning her papers with her head held high and glasses below her eyes. "Is this one of your grounding techniques for me?" I folded my arms in apprehension. "It's simply to clear your schedule before you get busy with the celebrations,

Diya,” my mother said with a knowing stare. It was my cue to trudge to her room and then mine. “Are you sure your file is in this cupboard?” I called out as I shuffled through a million books in front of me. “It must be somewhere in there, keep digging!” She instructed me. An ancient looking diary caught my eye. It was a journal, after a second look. I quickly pulled it out and took a closer look. It was labelled a fading “Gauri” on the front. It must belong to my grandmother, I quickly thought. I tossed the responsibility of finding my mom’s file out of the window and skimmed through the journal.

Just then, my sister Anvi barged into the room as though she was on a mission to catch me doing something illegal. Well, it did feel dangerously close to illegal—reading our grandmother’s journal. Something about it felt mysterious. I let Anvi in on my findings and she started reading out loud without second thought. “It has entries on festivals like Holi, Shivratri, Ganesh Chaturthi, Diwali and all the way to Vasant Panchami.” Anvi looked at me curiously and I returned the glance. “Anyway, Mom sent me to bring her file, since you are clearly lost somewhere else.” She scoffed and easily took away a blue colored file from the desk, overflowing with papers. It was lying there in plain sight, and I sighed mentally. At least I had got my hands on something interesting.

It was the first day of Navratri, and I had done my homework by reading Grandma’s journal on this festival. I felt so wise, for I knew the science behind everything we were doing and would do in the course of the following nine nights. I was grinning ear to ear. “What are you smiling at?” Anvi reached for a laddoo across the table. I snatched her hand away, “why don’t you try fasting this year?”

“Are you kidding? That is for the grown-ups. Let me eat my food in peace, Diya.”

“Intermittent fasting is scientific, you know. You’d be relieving your body of the stress of digesting so much food these ten days. Plus, you would be embracing the feminine energy in the universe.” I explained, and noticed that my sister became a personified question mark. “We are worshipping Goddess Durga, the embodiment of feminine energy, or Shakti. The very thing that gives us energy, the mitochondria, has only maternal DNA. Meaning, every single human on this planet has inherited only their mother’s mitochondria. In a way, we are easing its workload by fasting so as to embrace the Shakti in this universe.”

“Interesting, but I’ll pass.” She shrugged and reached for the laddoo again, this time managing to grab one. I exhaled at my vain attempt, but I didn’t lose hope. I was determined to spread the knowledge forward. Perhaps I was vicariously trying to make sense of our traditions for myself.

I slammed my laptop shut in frustration. I couldn’t write my school essay because of a creative block, and I had to get out of it fast. I noticed my mother lighting diya from the corner of my eye. It had been five days since finding the journal, and my mind quickly raced to another explanation written in it. I hurried outside with a diya and a wick in hand.

“Diya lighting a diya? This is a rare sight.” She smiled at me while pouring some oil into my lamp. “I needed a distraction anyway.” I tilted the wick towards another flame to light it up. “Also because igniting fire is a declaration to self that cold days are approaching, and I would welcome them by getting out of my usual routine and spreading warmth.”

“I didn’t take you for a believer in these traditions. You study science, you should know better,” she smirked at me with my own words and I smiled sheepishly.

“I surprised myself, too. Once I got to know the thought behind it, this felt poetic and beautiful.”

I grabbed two Dandiya sticks from the counter and ran to the centre of the ground. Dandiya nights brought me joy because I could dance with my friends to upbeat music. As the music quickened its pace and became progressively loud, my partner and I clashed our sticks.

“Aren’t you tired after three rounds of dancing?” Ethan said while catching his breath. His family and he were practising Christianity, but I could tell they liked celebrating Holi and Diwali with us better. “We are just getting started!” I shouted over the loud noise.

“This is fun even though I’m out of breath and my feet will kill me tomorrow.” He said. I figured that it was time to tell him why this was fun. “Of course it’s fun, your brain is secreting endorphins and serotonin right now. Dance and music make our brain produce these hormones and it’s the reason we feel happy while doing them. Isn’t that cool?”

“Very. It’s like singing carols during Christmas, where you come together and forget the worries in the world and be present in the moment. But I never cared about the logic behind them.”

“You just followed those traditions because you’re supposed to do that unquestioningly?” I inquired.

“No, because they just make me and everyone around me happy. Besides, who doesn’t like pies and cookies?” I reflected over his words as we switched partners.

The piano melody decrescendoeed until it eventually faded away. It was the final day of the celebrations: Vijay Dashmi. I sat in the living room to disengage myself from the hustle-and-bustle of the day, while my mother started preparing for her upcoming lectures in the same room.

“You were right, The Piano Sonata and our ancient traditions are not so different.” I looked up from my piano at her. “I practise music to embrace the knowledge of musicians who came before us. We continue to follow traditions to stay true to our roots. It’s the essence that bridges the past to the future. We will fade away with time, but all there will be left of us will be stories, and those stories will forever live with traditions passed on.”

“And you had that epiphany in these nine nights?” She looked at me through her glasses. “I might have quoted the last line from Grandma’s journal.

I found it in your cupboard buried deep in a sea of books. But I wouldn't be telling you this if I didn't believe in it," I said as a fog of uncertainty cleared away from my mind. "Why do you think I sent you to dig deep into that cupboard?" My mother beamed at me.

Dhriti Choudhary (XII - B)

BACK TO OUR ROOTS WE GO...

Roots- the firmest of all,
Our very ancients, they recall.
With the onset of the global chaos,
COVID-19 what we called.
Getting back to our roots,
Sincerely, is all what we pursued.
Be it spending time at home,
Or embracing how Less is More.
Be it adopting yoga as a habit,
Or using natural herbs for
immunization profits.
Be it sanitizing before entry,
Or the folded hands gestures,
implementary.
Enriching the cultural soil,
Out of which we were born.
We are battling a dreadful pandemic,
Realizing at every step that our roots
have always been epic.
Having our fast-paced lives come to a
halt,
Whom to blame? Whose fault?
The unforeseen pandemic may have
made us insular,
Yet in many ways, brought the world
closer.
Our roots, we forgot to cherish
We now take a pledge, 'We aren't
letting them perish'.



**Mansi Choudhary
(VIII B) SPSA**

CULTURE: THE SPICE OF LIFE

I shifted the seat of power
Resulted in wars world over
Created new trade routes
And just like that,
East and West had new commutes.
You guessed it right
I am your humble everyday use: Spice
India was the centre of trade
Where trades for black pepper were made
Portuguese brought the pepper to the west
Europe was soon obsessed
Which started a messy domination contest
Resulted in India being oppressed.
You guessed it right
I am your humble everyday use: Spice
Well, it wasn't all messy confusion,
It did result in human evolution
For instance, there was great cultural diffusion
Technology, food, religion, all at your
disposition.
You guessed it right
I am your humble everyday use: Spice
So, the next time when you're out cooking
Do remember when everyone was out there
looking
to make spices, their trade booking.
For
You guessed it right
I am your humble everyday use: Spice

**Gurbani
(IX A)**

YOGA- THE ELIXIR OF LIFE

Yoga, a system of varied exercises that include training of breath control and many other practices that ultimately help us to relax. Two main things that many of us are oblivious to - our mind and our soul. Derived from the Sanskrit word 'yog', it means to unite. And unite it does, it unites our minds to our personal conscious and the universal conscious in a way that improves our way of living and therefore has a positive effect on our mental and physical health. The Hindu God, Shiva, is considered to be the Adiyogi (meaning the first yogi) and therefore the originator of this practice. The practice of Yoga was started during the Indus-Sarasvati civilization in Northern India over 5,000 years ago. It was first mentioned in the Rig Veda, a collection of texts that consisted of rituals, mantras, and songs which was mainly used by Brahmins, the Vedic priests. Rishikesh is also known as the self-styled "Yoga capital of the world," considered to be the birthplace of this widely popular practice, said to benefit both mind and body. Swami Vivekananda was the first to introduce Yoga to a large gathering in Chicago. Asana is the physical practice of yoga and relates to the body. Asana is also another name for the poses or postures of yoga. In Sanskrit, the word asana translates as "seat," specifically for meditation. Yoga helps in sharpening minds and lets the brain utilize the intellect to the fullest. Utthasana, Padmasana, Bhujangasana and Sarvangasana are some of the asanas for the mind. Yoga helps in keeping our body flexible and decreases the aches and pains in body. Yoga increases the strength of muscles which further protects us from diseases like arthritis and joint pain. Doing yoga regularly results in even blood circulation in head, hand and legs. All the cells of the body receive an adequate amount of oxygen. Handstand and shoulder stand encourages proper blood flow from the legs to the upper body. Moreover, the clot-promoting proteins are reduced, thus preventing heart diseases and strokes. Cells generating cancer tumours are suppressed. Yoga helps in relieving depression and boosts heart rate through Pranayama. People with high blood pressure profit more with the help of Shavasana. The two economical aspects which make yoga a perfect sport is that yoga doesn't require any resources and it can be done anywhere and at anytime. June 21 is marked as the International Day of Yoga to celebrate the ancient Indian art of healthy living since 2015, following its inception in the United Nations General Assembly in 2014. The Indian Prime Minister, Narendra Modi, in his UN address in 2014, had suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world. We have made so much progress in the fields of science and technology that we have lost sight of our basic rituals and yoga is one of them. Not only does it connect us back to our roots, but is also beneficial for our health. It is like a little reminder, a souvenir of the practices that we used to follow when we were taking our very first steps to making the highly developed society that we are today and it reminds us that however advanced we may have become, these roots are what make us strong and we should never forget them.

Vaani Bansal

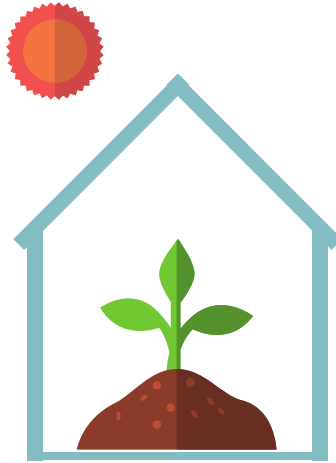
(IX E)

REMAINING ROOTED!

A tree reaches enormous heights but is still connected to its roots. If we separate the tree from its roots and try to plant it somewhere else, it will wither in no time. But if we take the tree or any plant along with its roots and plant it somewhere anew, it will grow.

Well, this stands true not only for trees, but for human lives too.

The world is moving at a fast pace. Hopping from one advancement to another, we all have evolved exponentially.



India, being a colony, endured oppression and was made to feel inferior. We were easily manipulated by our colonisers into thinking that we belong to a country of snake charmers. This belief has been ingrained in our minds strategically. As a result, we feel ashamed in presenting who we are. We have started believing that our roots are weak, and the only way we feel accepted is by chasing westernization which people confuse with modernization.

India was not just a land of sages and divines, it had phenomenal contributions to science and technology way before any western developments.

Going back to our roots and finding out who we were is one way to detach from the conception that we are not 'good enough'. Reading about our culture, civilisation, practices and food as well as implementing the morals of the scriptures in our lives, everything is possible in Indian culture.

For me, being connected to our roots means doing things our way rationally, and not getting carried away by the trend. We must learn and be grateful for what we have endured, even the bad experiences. Don't try to isolate yourself from your roots, instead use them as your support like a tree! Be it an individual, a community or a country, take pride in who we are and continue to grow. Isn't that beautiful?

Medha Agarwal
(X A)

IT'S BACK TO OUR ROOTS AGAIN!

The pandemic has changed the way we live. We are now more dependent on modern technology than ever before. From schools to businesses, everything is becoming online. Due to the lockdowns, we have been spending an increasing amount of time in our homes doing chores and spending time with family. During this time, we have learned to appreciate what we took for granted, like going out and meeting friends. However, advancements in science and technology have not stopped at all. It is extremely important to stay connected to the latest developments in science and technology, but it is also important to remember our roots. Doing yoga regularly can be extremely beneficial for your health. Yoga can also help treat a variety of diseases and disorders. Meditation is another great ancient technique. Meditation can help cure conditions like depression, hypertension, anxiety etc. Meditation can also help you develop a sense of self awareness. Traditions, on the other hand, are a wonderful way to develop a sense of comfort and belonging. Traditions also reflect and shape values, beliefs, and aspirations, thereby defining a people's national identity. It is important to preserve our cultural heritage, because it keeps our identity intact. No matter how successful you are in life, you should always remember your roots.

Rajveer Bajaj
(VIII B) SPSA

SUPREME BLISS

Today, in the phase of E-learning,
Science and Technology aid us in innovating,
With the help of it, we could make a computer or a phone,
Explain nature and trees, or find cures of disease.
But when the world moves too fast,
And we lose ourselves in the chaos.
There is a need of an instruction from the preceptor,
And emancipate the teaching contained in scriptures.
Let's introduce ourselves to the world of Meditation and Yoga,
Where no Science has reached, i.e., the philosophy of Ayurveda.
Let us reach the state of supreme bliss,
We all have wandered and suffered for so long,
Come now and lay claim to our rich heritage,
Along with the world of modern appliances and tools
Let's us learn to live by going Back to the Roots.



Tanshu Vij (VIII E)

STAYING GROUNDED, SOARING HIGH!

Advancement in science and technology means advancement in research, lifestyle and educational and industrial systems. There have been plenty of improvements in this field over the past few years. Taking 2020 as an example, there was a drastic change in how we spend our day because of a total shift in the means of communication. Everything turned online, from schools to offices to businesses, everybody had to adapt to this new system. Today, all of us are comfortable using gadgets and devices, slowly becoming tech savvy, to say the least. There are both pros and cons of this system. Keeping in mind that technology has made our life easier, we must not forget about our roots. Except for technology, we have many traditional systems that we follow. In today's time, it takes only a few clicks for us to search for a workout routine on the web, but yoga and meditation are other aspects to discuss. They have innumerable benefits. Yoga improves our immunity which is crucial in the time of this pandemic, meditation gives us energy and helps us relieve stress. Due to the pandemic, our screen time has increased enormously and it is important for us to make sure it doesn't have a bad effect on our health. Ayurveda is one of the world's oldest comprehensive healing systems. It was developed more than 3,000 years ago with a goal to promote good health. Those who practice Ayurveda believe every person is made of five basic elements found in the universe: space, air, fire, water, and earth. It gives us an idea of how good health and a positive attitude will help us accomplish our aim. I'm sure all of us have a couple of family recipes and traditions which we love. We must learn to protect these things at all costs. We should never forget where we came from and what has made us what we are today. All in all, learning to remember and preserve our roots along with values in today's world full of technology and a whole new aspect towards life is prime.

Gurbani Kaur
(IX A)



NAANI DAADI KE NUSKHE!

COVID is at its ultimate high.

The WHO has declared the novel coronavirus as a “global pandemic”.

Doctors working 24/7, without any breaks, risking their lives to save the ones of others. Mothers, fathers, brothers and sisters are closer than they could have ever been, but are still so apart.

Everyone sits in front of their screens as they see their loved ones take one last breath, with no other way of meeting them, holding them for the last time.

Amongst all this chaos, I stand in my balcony soaking in the plants my mom has just watered. I look out into the clear blue Delhi sky and thank God for all that he has given to me.

This is April 2020.

The only way was to stay locked within four walls and pray for the species. Doctors suggested infected patients to take steroids, antibiotics and oxygen cylinders became the most sought after thing. Although these recommendations did help, but also had some long term side effects. Hence, people turned to their ancient ways, yoga and Ayurveda which not only helped people recover well but also kept depression at bay.

News channels started interviewing ayurvedic doctors and yogis started teaching people simple yogic practices to keep their physical and mental health up to scratch.

The things that we called our grandmother's nuskhe became a way of life. Whenever we woke up, we would take a sip of our daily khara and honey. Since my dad used to go out for the daily groceries, he was welcomed home to a good 360° shower of sanitiser and a spoon of black pepper and honey.

We would practice alom-vilom and some simple calming practices. If you were to look at it, kitchen gardening is a scaled down form of agriculture. My mom built this amazing nursery within the bounds of our balcony and it helped us cope from all the loss that had happened to us, our friends, family and even people we didn't know.

My dad had unfortunately contracted the virus and was in self isolation. It was a very difficult period because he had a hard time breathing properly and was mentally exhausted. Our doctor was a boon and recommended some ayurvedic medicines. At the same time, my dad watered the plants in his quarantined room, meditated and practiced the usual rituals of drinking grandma's tonic and was surprised to say that he felt a great change in his attitude and overall health.

While the Scientific world has managed to provide us with the vaccine today, people continue to follow their ancestral practices like yoga. People have become conscious of their diet and after the pandemic and loss that the people have faced, this awareness has multiplied. People have now started to move to much healthier options and avoid packaged foods that had become a trend in the past few years. People now choose to grow their own food and are much more aware of the impact that they have on the environment.



Science and technology has come a long way. It has proven beliefs and practices that were very common in ancient India but just didn't have a tangible explanation. Progressing forward is important but going back to our roots is just as paramount.



Aarohi Singla
(X A)

LOOKING BACK TO THE ROOTS FOR POSITIVITY

'Aaj Covid Cases kitne aaye' is the oft repeated question since the pandemic has created havoc. Amid this pandemic, our daily routine has changed drastically. From the beginning of the online classes on Zoom to designing our holiday homework on new digital platforms, from 'Ma'am, may I go to the washroom?' to bunk classes to 'Mam I have network issues today' to skip switching on the video, we all saw how Covid interchanged things. Screens took the place of blackboards, virtual pens took chalks, beds took benches and most importantly how it took away our smiles. As this pandemic still resides in this world the idea of 'Atmanirbhar Bharat' came up. It means new innovations and technologies should be used to make India at par with developed countries like the USA. It is necessary to move on and change with time, to adapt to new ways of living, but at the same time we should well be connected to our roots. Our roots, the Ayurveda is not just limited to yoga and homemade remedies but it's a whole different way of living, a daily routine people followed a long time ago, which is now rather forgotten. We may think of it as a method so old fashioned, but this is the need of the hour. What we all need in these turbulent times is positivity, which is well proposed in the Ayurveda. The phrase 'A healthy mind resides in a healthy body' has now been elaborated and now the new trend is a healthy body resides in a healthy mind imposing the importance of mental health. The fear of getting infected, the anxiety of an indistinct future, the longing to meet friends and family has all made our mind feel tired and disturbed. Hence, it's certainly useful to practice this ancient art form to relax our mind. The perspective that being connected to our roots and moving ahead in science and technology do not go hand in hand, should be changed. Even the West is now following our bygone traditions of Ayurveda in their daily life. We should not replicate the modern ways of living other developed countries have, but rather create a different way to grow and progress by advancing in science and technology, but at the same time have a close bond with our ancient heritage.

Nishka Malik
(IX A)

THE ESSENCE OF LIFE...

Covid-19 changed everything, from our schooling to our essence and ethics. Even the smallest of things like social etiquettes, ways of greeting, etc have seen a radical change. Across the globe, people are avoiding hugs, handshakes, and resorting to 'Namaste' i.e., the gesture of joining both hands in front of your chest in a greeting manner. Prince Charles was spotted greeting people with folded hands and world leaders ranging from the US President to the German Chancellor have avoided shaking hands-on international platforms. Prime Minister of Israel, while addressing his country, urged the people to change their greeting habits and maintain personal hygiene at all times to better fight the deadly virus. He had earlier asked Israelis to adopt the Indian way of greeting by joining both hands for a 'Namaste'. A lot of these customs and gestures date back to archaic Indian practices which are non-contact and fitting in these times.

Now that in these two years we have learned how to work from home, we have lost our ethics, the first thing we do when we wake up is to switch on our mobiles and use social media. Our bodies have lost the schedule which it used to follow before the pandemic, and that is making our immune system weak. Doctors have noted that and it's even all over the internet, it's necessary a step that we all must take, going back to our roots.

The warm drink made by steaming milk with aromatic turmeric powder and spices and poured over espresso - bringing a new twist to the much-loved latte. The delicious golden-colored milk is one of the latest trends on the high street and makes beautiful Instagram-able latte art, which I know as "haldi ka doodh", which, even before the Covid-19 virus existed, my mom used to force me to drink - has now become the "Turmeric Latte" drink of Starbucks.

As acknowledged by global health experts, young children, the elderly, and those suffering from chronic health conditions and the ones who are healthy, they are advised to work out indoors, practice breathing exercises, and stay active amongst all other things. This is where the timeless practices of yoga and meditation are invaluable. Yoga is often assumed to be slow and boring. But in reality, it's quite the opposite. Yoga as a form works on both mental and physical wellness and can be done at any time, anywhere. It not only gives us flexibility or better digestion but also focuses on immunity building, strengthening the respiratory system, etc. With regular yoga practice, we can not only stay active but also strengthen our body's immunity system.

Apart from yoga, "Turmeric Latte" and the gesture of 'Namaste', there are various other Indian cultural practices that have come back to us as prevention from getting the virus. For instance, before we enter any house or eat our food, we're supposed to wash our hands and feet to get rid of any germs that we may be carrying. It's about time we realize that the steps we are encouraged to follow come from our roots, and that we should embrace them wholeheartedly to prevent viruses like Covid-19 to even get a chance to infect an individual. These habits can help us stay healthy and happy. This going back to the roots of India's rich culture that can not only help us in the tough times of the pandemic but also help us lead a healthy and happy life.

Gayatri Rajesh (IX-B)

A PEEP INTO THE PAST!

With the presence of advancing science, it is convenient to define age-old practices and customs as myths. Owing to the global pandemic, everyone around the globe was forced to shift to the online mode of communication. Advancement in science and technology means advancement in research and industries and hence, an impact on the daily lifestyle of people. The global pandemic made many sit up and take note of their lifestyle and habits. Everyone thought of the online system as a gift to talk to and see their loved ones, but what they didn't realize was that it was taking a huge toll on their health. Work from home or online education leads to the deterioration of eye health and causes eye fatigue. While taking advantage of the advancing science we should remember to stay connected to our roots. Going back to basics, following age-old traditions, and leading a simplistic life is what we should ensue.



A good way of going back to our roots is through yoga, meditation, and Ayurveda. The health benefits of yoga are well-established. But not many people know about yoga's benefits for eye health. Yoga helps cut down on eye strain and resurrects better vision and eye comfort. Mindfulness meditation helps lower eye pressure and improves mental health by lowering stress hormones. We have been using our eyes now more than ever, especially with the increased use of mobile and laptop screens in the last few months. This excessive use is creating various signs of eye stress in the form of headaches and vision-related issues. Incorporating Ayurveda in our lifestyle would help prevent such issues. We should not forget these values and keep them incorporated into our lives. All in all, we should always remember where we come from. We should not forget how we got where we are today. We shall use the experiences in our life to learn the lesson that will move us ahead. We should live by the motto "Before you ask which way to go, remember where you've been."

ROOTS AND WINGS!

Roots are something that remind you of
home

It could be your culture, it could be the
streets you used to roam.

It's not wrong to go with your friends to
the mall

Neither it is to stay in with your grandma
and listen to her stories under her
pashmina shawl.

Its not wrong to take a flight to a faraway
land

But you should also not forget the
memories you made with your childhood
clan.

They are the memories of your life most
grand

For they include the people who will
always lend you a helping hand.

Touch the sky and keep your feet on the
ground

For it is the nature most profound
Before befriending anyone , never
consider their background.

This is how you will become the person
most renowned.

The stories of Mahabharata and Ramayan
Are as important as the Panchatantra lion.

Science definitely does expand your
horizon

And technology for sure does increase
your alliance.

New ideas bring you excitement , old ones
give you joy.

You should never throw away your
childhood teddy bear for a new toy.

If your past is the moon, your future is
the sun.

Your roots teach you lessons in ways
more than one.

Going down the memory lane makes
you feel nostalgic

Since these memories are always filled
with a magic.

Following your culture makes you feel
connected

Since the traditions are always
splendid.

If modernisation makes you fly
If civilisation takes you to the sky

Science gives you new wings
And technology truly is a blessing.

Your grandparents taught you to stand
tall

Your parents taught you never to let
anything make you fall.

The new technology taught you to
make a zoom call

The science taught you to make the
most of all.

Never forget your grandma's food's
taste

No matter how delicious the
restaurant's food is.

Food cooked with her love is
something you will always miss
Having food made by her truly is a
bliss.

May I give this one piece of advice
Think it over twice or thrice.

A sense of belongingness for your
country would suffice.

For you, your country is a paradise.

Ishika Kawatra (X B)

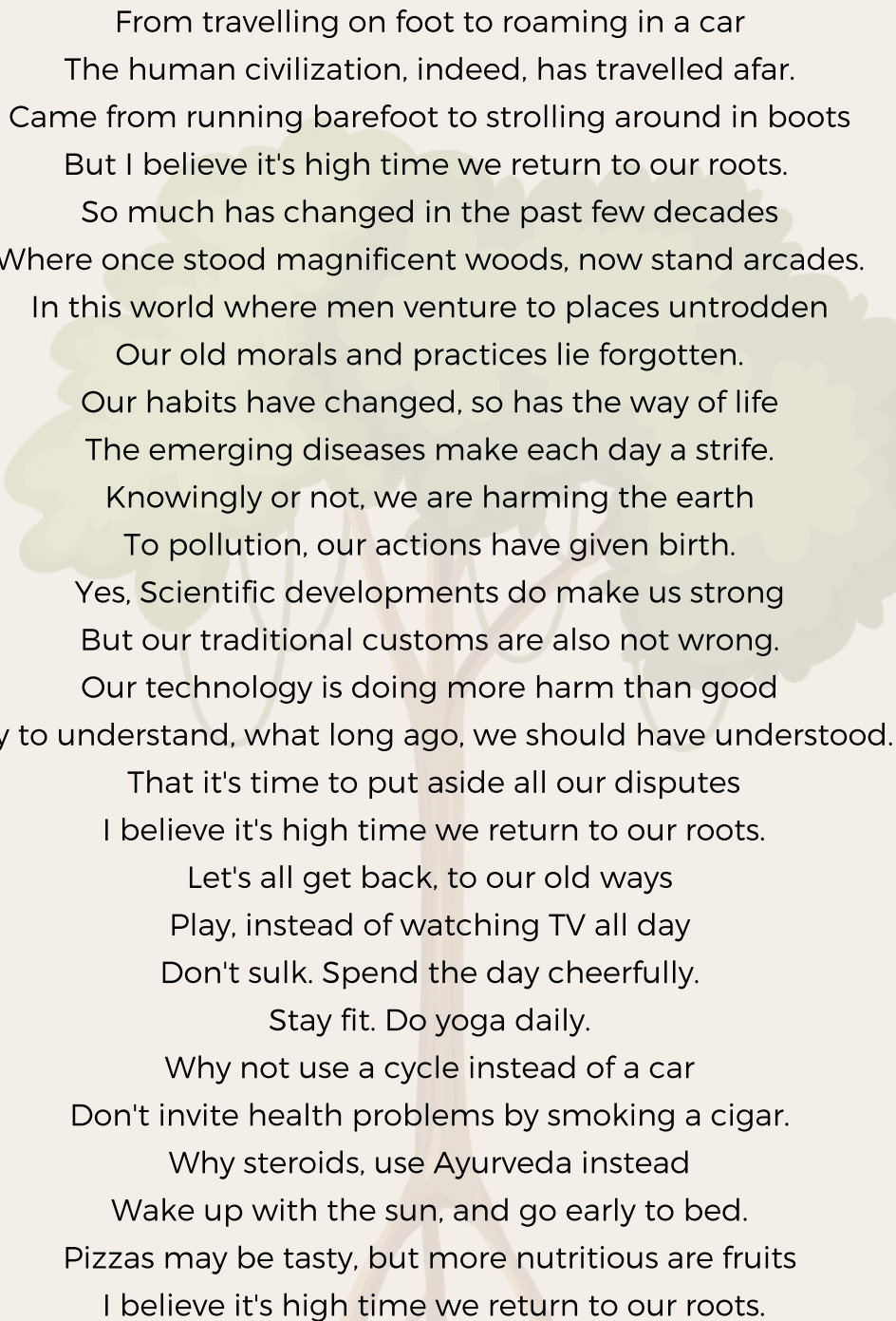
TWO SIDES OF THE SAME COIN

I had a dream yesterday night
In which I had travelled to the year 2055
I was sitting in what looked like a time machine
With a robot by my side
And a kid sitting behind me.
Playing on iPhone-29
I asked the kid where I was.
He said he had brought me to the future for 'research related cause'
He told not just you, but Acharya Charka from 300 BC,
Aryabhatta from the 5th century and Rabindranath Tagore from the 19th were also here
He further explained that he had to make a project on history and development through the ages.
So he had brought people from different time periods to help him fill his project file pages.
So there I was sitting in a room with great personalities telling tales of their time
Acharya Charaka telling about his contributions to Ayurveda, how the ayurvedic system could prevent all types of diseases and made the body fit and fine.
And Aryabhatta talking about zero, the immortal discovery story
And his geometry, trigonometry and algebra theories
And Rabindranath Tagore reciting his rich literary works and the tale of establishment of Shantiniketan.
With an aim to revive the ancient methods of teaching, believed to be more beneficial than the modernised methods
And then it was finally my turn, to talk about the 21st century
So I told them about our fight with Covid-19 and the developments in the field of science and technology.
I talked about the space exploration and moon mission
And expeditions of the sea by the Indian army
About the youth of India coming up with new ideas every day,
On the mission of making the country a global power today.
And that's when it clicked me
How rich the history of India is.
How the reason for our growth today are our ancient skills
For development and history were two sides of the same coin
Without one the other has no point.



Smridhi Tandon
(X A)

PROGRESS AND PRESERVATION



From travelling on foot to roaming in a car
The human civilization, indeed, has travelled afar.
Came from running barefoot to strolling around in boots
But I believe it's high time we return to our roots.
So much has changed in the past few decades
Where once stood magnificent woods, now stand arcades.
In this world where men venture to places untrod
Our old morals and practices lie forgotten.
Our habits have changed, so has the way of life
The emerging diseases make each day a strife.
Knowingly or not, we are harming the earth
To pollution, our actions have given birth.
Yes, Scientific developments do make us strong
But our traditional customs are also not wrong.
Our technology is doing more harm than good
Try to understand, what long ago, we should have understood.
That it's time to put aside all our disputes
I believe it's high time we return to our roots.
Let's all get back, to our old ways
Play, instead of watching TV all day
Don't sulk. Spend the day cheerfully.
Stay fit. Do yoga daily.
Why not use a cycle instead of a car
Don't invite health problems by smoking a cigar.
Why steroids, use Ayurveda instead
Wake up with the sun, and go early to bed.
Pizzas may be tasty, but more nutritious are fruits
I believe it's high time we return to our roots.

Palak Gupta
(IX C)



Amid this hasty world, where the time runs by swiping red and green,
Deep down our veins, floats our ancestral genes,
Sewing our hearts with the gold of old times.

Taking a peek inside ourselves, and looking behind,
Everything seems so different, yet so similar.

Amid this hasty place, where partying and clubbing are considered COOL,
We still hold an eternal love for classical folk music.

A place, where we read E books and E newspapers,
We still cherish the fine fragrance of the pages of a book and
the morning paper delivered by the man on his cycle.

A place, where we wear long coats and puffer jackets,
Our grandma's old knitted sweater still feels even warmer.

A place, now so excelled in sciences, treatment and medicine,
The techniques of Ayurveda still dwell here.

In these times, so BLUE, where anxiety thrives,
The ancient yoga philosophy is all that helps maintain our sanity.
This is a strong thread, or maybe a rope,
Not so fragile,
connecting us to our history, to our past,
which shall never break,
and shall always remain alive.

REMINISCENCES

From the moment I first walked through the gates of this hallowed institution, the arc of my academic life has never been the same.

Salwan Public School has been a nurturing ground for my psyche; teaching integrity, perseverance and most importantly determination. The institution exposed me to diverse fields of thought and emotion, simultaneously encompassing a mature code of conduct within me. The school cultivated a holistic mindset within me for which I am eternally grateful. The school provided me the opportunity to grow creatively as well as analytically. The qualities of hard work and discipline enabled me to qualify JEE P-II with a 99.6 percentile, NIFT, NATA and I am now studying Industrial Design at The National Institute of Design (NID). I firmly believe that the exposure provided to me here at Salwan gives me an extraordinary advantage in terms of academic knowledge and public communication. All thanks to the countless opportunities and life lessons that my teachers have so kindly provided to me over the years. The institution has a wonderful ability to address a student's area of need while continuing to cultivate their inner strengths and abilities. The school not only provided me dynamic and progressive education, but also a bright future that is to follow.

Sidak Bomrah
Batch 2020

MY SECOND HOME- MY SCHOOL

School can be called my second home to date. It is so true since we spend one-fourth of my life in school. When the time comes to move out of this comfortable and secure home after class XII, we get goosebumps...It's only then that we realize we have grown up. As a child waking in tensed state holding your parent's hand to walking out as confident teenagers...it's a long journey but it's only then that we realize how it has changed you inside out. Salwan has been my home for so many years and will continue to be, now when I passed out after class XII, I actually understood and valued the importance of my time spent.

I am forever grateful to the Almighty for making me a Salwanian. This entire journey has been great and adventurous but it has given me so many opportunities to learn and nurture myself into a fine individual. I learned how even a task that you think is not so important can make a huge difference if you do it with passion. I really admire the faculty at Salwan who put in a lot of effort to create and nurture leaders and professionals of the future. I still remember the first time I went on stage with excitement and tension, but as the years progressed, my teachers boosted my confidence and helped me to be the person I am today ready to take on stage and any stature. I was appointed as the Head Girl for the session 2018-19 and that position played a major role in shaping my personality.

From confidence to teamwork, it gave me ample opportunities to improve myself and be the best in every field. The school has laid a strong foundation in my life. It has given me wings to fly and strong ground beneath my feet.

I am glad that the school provided me with an environment where I was taught that the only limit for you is you. Every challenge, every adversity, contains within it the seeds of opportunity and growth. And once you understand that all it takes is to believe in yourself, you will be able to turn adversities into opportunities.

I would like to share some feelings about the school -

School is the place where we learn,
That respect is to be earned,
The home where we go crying
And cry when we leave.

It has taught us the right thing,
It taught us Life's actual meaning,
Friends we made, memories we have,
Is what we will cherish for life.

The teachers made us learn,
Not only education,
But morals of life,
Which helped in making our foundation right.



Sanjana Dixit
Batch 2020

I Love My School

It's time to wake up!
It's time to go to School!

Now I am a big girl,
Going to a big class,
To meet my new teacher,
And to enjoy my new class.

Goodbye, my old class!
Goodbye to all my lovely teachers!

Because,
You are the best,
You are the best,
Always busy,
You never take rest.



Oh God, I wish Corona never comes again!

It's time to go, Corona! Go away!
It's time to go, Corona! Go away!

Because,
I want to play more and more,
I want to study more and more.

But, if Corona will not go away,
I'll have to stay at home.

Go away, Corona!

Mrs. Neha Dang

(M/o Meheram Dang, K.G. - A)

[The poem was recited by **Meheram Dang**
(K.G. - A) on Kindergarten Graduation Day.]

जड़ से जुड़ाव, हमारी पहचान (कविता)

जैसे जड़ बिना पेड़-पौधे नहीं,
वैसे ही हम भी अतीत बिना कुछ नहीं ।
भूल बैठे जिस योग को हम सभी,
आज बन गया अत्यंत आवश्यक वही ।
जो लक्ष्य पाने को निकल पड़े हैं हम अभी,
उसको पाकर लौटेंगे अब हम सभी ।
देश को नई ऊँचाइयों पर पहुँचाना है,
सोने की चिड़िया फिर बनाना है ।
चलो करें, समय का सदुपयोग,
स्वस्थ रहें हम सभी करके योग ।
क्योंकि जीवन में हम जितने आगे जाएँगे,
जड़ से जुड़े रहेंगे तो ही पहचान पाएँगे ।



वैष्णवी पाठक
(IV D)

तब और अब (कविता)

नया ज़माना आया था,
हमने भी अपनी जड़ों को भुलाया था ।
देखकर पश्चिमी सभ्यता,
हमने भी अपनी सभ्यता छोड़,
परायों की सभ्यता को अपनाया था ।
हम तो कर जोड़कर प्रणाम करते थे,
पश्चिमी संस्कृति ने हमें प्रणाम छोड़,
हाथ मिलाकर गले लगाना सिखाया था ।
परन्तु अब तो कोविड का नया ज़माना आया है,
इसने पश्चिमी सभ्यता को भुलाकर
सभी को फिर हाथ जोड़ना सिखाया है ।
(अब समझ में आया कि जड़ से जुड़े रहने में ही
समझदारी क्यों है?)

गौतमी खंडेलवाल
(IV A)

जड़ से जुड़ाव, हमारी पहचान आयुर्वेद, एक चमत्कार

आज के युग में मनुष्य ने तकनीकी रूप से श्रेष्ठता प्राप्त कर ली है। किन्तु कोई भी वृक्ष तभी फलित होता है, जब उसकी जड़ें मज़बूत हों। भारत की परंपरा, संस्कृति व इतिहास इसे अन्य देशों से पृथक व श्रेष्ठ बनाते हैं। ऐसी ही प्राचीन धरोहर है, भारतीय चिकित्सा पद्धति- आयुर्वेद। पौराणिक काल में समुद्र मंथन के दौरान अपने हाथों में अमृत कलश लिए भगवान धनवन्तरि प्रकट हुए, जिन्हें आयुर्वेद के आदि देवता माना जाता है।

आयुर्वेद शब्द, आयुः + वेद- इन दो शब्दों से मिलकर बना है। अर्थात् ऐसा शास्त्र जिसमें आयु (जीवन) की रक्षा का वर्णन हो। आयुर्वेद केवल एक चिकित्सा पद्धति ही नहीं है, अपितु इसमें व्यक्ति के स्वास्थ्य की रक्षा के लिए दिनचर्या (daily routine), ऋतुचर्या (seasonal routine) तथा मानसिक स्वास्थ्य की रक्षा के लिए आचार और व्यवहार का भी विशेष रूप से वर्णन है। पिछले वर्ष कोविड महामारी के दौरान भी भारत सरकार के आयुष मंत्रालय ने कोविड से बचने के लिए कुछ कारगर उपायों व आयुर्वेदिक औषधियों का प्रचार और प्रसार किया। योग व आयुर्वेद के प्रयोग से भारत अन्य देशों के मुकाबले बेहतर रूप से कोविड जैसी घातक बीमारी पर विजय प्राप्त करने में सफल रहा है। तभी तो हम जैसे आधुनिक भारतवासियों ने ऐलोपैथिक दवाओं के सेवन को छोड़ आयुर्वेदिक औषधियों का सहारा लिया। यही नहीं विदेशी नागरिक भी आयुर्वेदिक काढ़ा पीकर कोरोना की महामारी से लड़ने में सक्षम हुए।

जय भारत, जय आयुर्वेद

अद्विक रावल
(IV A)

हमारा परिवार, हमारी पहचान

हमारे परिवार में सदस्य हैं कुछ ज़्यादा
यही कहलाता सुखी संयुक्त परिवार हमारा
दादा-दादी, चाचा-चाची का मिलता जहाँ प्यार,
सीखते हम सबका आदर, विनम्रता का व्यवहार
सीखते हम सबके विचारों को समझना,
मिलजुलकर सभी कार्यों में सहयोग कर पाना ।
जहाँ जुड़ा हो ऐसा परिवार
वहाँ मिले हमारे हौसलों को उड़ान ।

**मेहा अग्निहोत्री
(IV A)**



जड़ से जुड़ाव हमारी पहचान

मैं भारत का निवासी हूँ। मैं भारतीय हूँ और मुझे इस पर गर्व है। भारत एक संस्कृति प्रधान देश है जिसकी संस्कृति विश्व की सबसे प्राचीन संस्कृतियों में से एक है। संस्कृति का अर्थ है संस्कार, सुधार, शुद्धि और यही हैं हमारी जड़ें। जब तक हम अपनी जड़ों से जुड़े रहेंगे हमारी एकता को कोई भंग नहीं कर पाएगा, परंतु अंग्रेजों के आने के बाद हम अपनी संस्कृति को पीछे छोड़ आधुनिकता की तरफ़ भागने लगे हैं। हम संयुक्त कुटुंब को छोड़कर एकल कुटुंब व्यवस्था को अपना रहे हैं और पृथक्करण की ओर भाग रहे हैं। हम मूल लक्ष्य से भटक रहे हैं। हमारी संस्कृति प्राचीन होते हुए भी नई है। इसे मानव संस्कृति भी कहा जाता है क्योंकि यह किसी एक जाति या धर्म से जुड़ी न होकर पूरी मानव जाति से जुड़ी है। हमारी पहचान हमारी संस्कृति से है और हमारी संस्कृति समृद्ध होने की वजह से अस्तित्व में है, तो आओ फिर से अपनी जड़ों से जुड़ें और अपनी अलग पहचान बनाएँ ।

**आविश जैन
(V D)**

हमारी संस्कृति हमारी शान

हमारे संस्कार हैं, हमारी पहचान,
बिना पहचान के हम हैं क्या ?
हमारे अस्तित्व को
संस्कार ही देते हैं पहचान ।

हमारी जान है हमारी संस्कृति,
हमारी सभ्यता है भारतीयता की पहचान ।
हमें है हिंदुस्तानी होने का मान,
इस देश में बसते हैं हमारे प्राण ।

सर्वश्रेष्ठ है हमारी संस्कृति ,
जो परिपूर्ण है मानवीय गुणों की दिव्य
अनुभूतियों से ।
करुणा, दया, मानवता, जिसका है आधार,
भाईचारा सद्भाव दर्शाता है जिसका विस्तार ।

हमारा देश, हमारी जान,
इसके अस्तित्व को कैसे कोई पाएगा जान -
पहचान ?
इसलिए एक होकर रहिए और जुड़िए अपनी
जड़ों से
क्योंकि हमारी सांस्कृतिक विविधता है देती
एकता की अद्भुत मिसाल ।
हम भारतीय भरेंगे, सफलता की ऊँची उड़ान
और लहराएँगे अपने देश का परचम
जिसे देखेगा संपूर्ण संसार ॥

**अबीर गंभीर
(IV C)**



सभ्यता संस्कृति की धरोहर : माँ

प्यार से ही बनी है दुनिया,
बनी है यह धरा और अंबर,
बने हैं यह रिश्ते और नाते,
स्नेह मित्रता है इसके अंग,
समाज भी है इसका तन।

सब के बचपन की पहचान,
हे माँ और भाई के नाम,
माँ और बेटे का प्यार
देता है हर एक को,
एक नए ज्ञान का सार।
माँ करती है हमारी सुरक्षा,
पूर्ति करती है हमारी हर इच्छा,
चितित को करती है निश्चित,
हमें अपनी प्यार से दुलार से।

प्यार से यह घर-वतन और यह चमन है,
प्यार से ही यह शमा और शबनम है।
भूखे बछड़े की रंभाहट
बिछड़े मेंमने की मिमिआहट
भूखे बच्चे की चिल्लाहट,
शांत हो जाती है माँ की आहट से,

सब हैं इसके अंग और तन
कोई नहीं है इससे तंग।
माँ है प्यार की परिभाषा
माँ है सबकी आशा,
सबको है इस पर भरोसा,
यही है सब की अभिलाषा।

पुण्य बत्रा, आठवीं-अ



मैं योग हूँ

मैं योग हूँ,
करता दूर सारे रोग हूँ।

सदियों पुराना है मेरा सिद्धांत,
हो जिगर या आपके दांत,
स्वस्थ रखता हूँ मानव शरीर,
देख लो चाहे कोई तहरीर।
मैं योग हूँ,
करता दूर सारे रोग हूँ।

जीवन जीने का ढंग सिखाता हूँ,
मानव को पंच तत्व से मिलाता हूँ,
आपका मानसिक स्वास्थ्य बढ़ाता हूँ,
आओ सबको यह तथ्य बताता हूँ।
मैं योग हूँ,
करता दूर सारे रोग हूँ।

भारत में जन्मा, भारत ने ही भुला दिया,
नई स्वास्थ्य पद्धति को देखो कैसे अपना लिया,
विदेशियों ने भी मुझसे लाभ पाया है,
अब तो मुझे विदेशों ने भी अपनाया है।
मैं योग हूँ,
करता दूर सारे रोग हूँ।

मैं वापस आऊँगा
जीवनशैली तुम्हें फिर सिखाऊँगा
योग दिवस पर ही सही
प्राणायाम और अन्य आसन तुम्हें करवाऊँगा, क्योंकि

मैं योग हूँ
करता दूर सारे रोग हूँ
मैं योग हूँ
करता दूर सारे रोग हूँ



गुरबानी कौर, नवम अ

विश्व गुरु क्यों कहलाए



भारतीय संस्कृति, रीति-रिवाज और परंपराएँ,
इन्हीं के कारण भारत विश्व गुरु कहलाए ।
योग, आयुर्वेद, ध्यान और ज्ञान,
इन्हीं के संयोग से बना भारत महान।
योगाभ्यास ने विश्व को दिया एक ऐसा उपहार,
जिसने स्वस्थ शरीर और स्वस्थ मस्तिष्क का किया सपना
साकार।
चरक और सुश्रुत ने किया ऐसी जड़ी-बूटियों का
आविष्कार,
जिसने शरीर की रोग प्रतिरोधक क्षमता को बढ़ाकर,
किया हम सब पर विशेष उपकार।
आयुर्वेद है विश्व की सबसे प्राचीन चिकित्सा पद्धति,
जिसमें अनेक रोगों को जड़ से समाप्त करने की है शक्ति।
इसीसे प्रेरणा पाकर अनेक चिकित्सा पद्धतियाँ हुई
विकसित,
जिनसे बन सका हमारा वर्तमान और भविष्य सुरक्षित।
ध्यान लगाकर इंद्रियों पर करना सीखा नियंत्रण,
एकाग्रता को बढ़ाकर विज्ञान का किया अर्जन।
वैज्ञानिक उन्नति ने दिए अनेकों उपहार,
जिसने जीवन को दिया एक नया आकार।
भारतीय संस्कृति के मूल में ही छिपी है,
भारत को विकसित बनाने की शक्ति।
इसका आदर सम्मान करना ही है सच्ची भक्ति।।
तो आओ आज लेते हैं प्रण,
भारतीय संस्कृति और रीति रिवाज का गौरव नहीं होने
देंगे कम।
विश्वभर में भारत का परचम फहराएँगे हम।।

हर्षिका ढींगरा
टी.जी.टी. हिंदी

चलो चलें स्वर्णिम अतीत की ओर

जहाँ आते थे लोग मीलों दूर से
जगमगाने खुद को शिक्षा के नूर से
वहीं हम लोग जाते आज विदेश
पढ़ने विदेशी पढ़ाई, भूलकर स्वदेश
पहले अंग्रेजों का शासन भी थी बाधा
किया हमारे सौभाग्य को आधा ।।
अपनी ही विरासत से आज हुए हम बेदखल,
समाज में भी बढ़ गई विषमता और नकल।
क्यों छोड़ हमने स्वदेशी को, विदेशी को
अपनाया
क्यों हमने खुद अपने दुर्भाग्य को जगाया??
उलट गया चिकित्सा विज्ञान हमारा,
आयुर्वेद पर था जो आधारित सारा।
क्या कहने सर्जरी के जनक सुश्रुत के,
शरीर के अंगों को जोड़ा जिसने,
आयुर्वेदिक तकनीक से
वक्त बीता तो होश अब हमें आया,
अब लोगों ने वापस आयुर्वेद को अपनाया।
चलो चलें वापस अपने स्वर्णिम अतीत की
ओर
लेकर आयें भारत के जीवन में नई भोर
खान-पान से शिक्षा तक सब पहले जैसा हो
जाए
चमके भारत का सितारा हम फिर अपना
गौरव पाएं।



सानिया सोना, नवम अ

हमारा धर्म

कहते हैं जिसको सनातन धर्म,
जिसने बताया जीवन का मूल मंत्र,
देश दुनिया में ना था कोई ज्ञान दे सके ऐसा यंत्र,
जिसने माँ बाप और गुरु को बताया परमेश्वर से महान,
उसी महान धर्म की कहाँ रह गई कोई शान,
जिसने शत्रु की शत्रुता को मित्रता में बदलने का,
और जब भी युद्ध छेड़े त्याग और बलिदान करने का,
सभी जनों से मैत्री का दिया हमें ज्ञान,
उस महान धर्म की मजबूरी से तुलना कर क्यों करते हो अपमान,
जब न थी कोई सभ्यता तब भारत में थी सब की शान,
लेने आते थे सब भारत से शिक्षा और विधि विधान,
आज उसी महान धर्म का मजाक उड़ा कर,
पश्चिमी धर्म अपनाकर समझते खुद को महान,
मिल क्या गया यही मूर्खता करके दो मुझे कोई प्रमाण,
आज वही सभ्यता अपनाकर क्यों करते हो खुद पर अभिमान,
सभ्यता का मजाक उड़ाकर संस्कारी पर दाग लगा कर,
माँ को मोम, शिक्षक को सर और पिताजी को पापा कह कर,
अरे धिक्कार तो इस समाज पर है जो संस्कारी को कहता गवार है,
उठो जागो और अपनी सोच बदलो वरना तुम्हारी शिक्षा बेकार है,
लाओ समाज में वही सभ्यता पुरानी,
जहाँ हाय ना कह कर कहो प्रणाम,
विश्व में होंगे तुम्हारे गुणगान,
भारत फिर बन जाएगा महान,
भारत फिर बन जाएगा महान।



ख्वाइश मेहता
आठवीं-अ

पावन देश हमारा

भिन्न-भिन्न है जाति हमारी
अलग-अलग है धर्म,
अनेक भाषाएँ सब जन की,
अलग-अलग है कर्म,

अलग-अलग राज्यों में रहते,
लेकिन सब है हिंदुस्तानी,
नदियाँ पावन जल बहाती,
खेत बाग-बगिया महकाती,

ऊँचे-ऊँचे पर्वत देखो करते सब नभ से बातें,
रेगिस्तान के टीलों की भी हैं,
ठंडी-ठंडी रातें,
हर मौसम है बड़ा सुहाना,
जहाँ मिलता हर रस का खाना,

मेहमानों की इज्जत करते,
अंखियों पर बैठा कर रखते,
ऐसा पावन देश हमारा,
सारी दुनिया से है न्यारा,
आओ हम सब महिमा गाए,
इस देश का ज्ञानवान बनाएँ,
विश्व में इसकी ख्याति बढ़ाए ।

पहर सुराना
आठवीं-अ

आ अब लौट चलें

“कुछ बात है कि हस्ती मिटती नहीं हमारी, सदियों रहा है दुश्मन दौरे जहां हमारा” – ये पंक्तियाँ निस्संदेह भारत की दृढ़ता और विशिष्टता की बोधक हैं, किन्तु आज सर्वथा उपयुक्त समय है जब गंभीरता से विचार करते हुए पुनः अपनी समृद्ध और गौरवशाली परंपरा के पुनरुद्धार के लिए कदम उठाया जाए। आज का समाज और जीवन शैली तथा पर्यावरण जिस प्रकार प्रदूषित और विकृत होते जा रहे हैं, उसको केवल और केवल अपनी जड़ों की ओर उन्मुख होकर ही उनकी वास्तविक शक्ल में फिर से ढाला जा सकता है।

योग, ध्यान, भारतीय संस्कार और मूल्य, निज भाषा, परंपरागत परिधान, आयुर्वेद, कृषि और पशु पालन, सात्विक भोजन, संयुक्त परिवार, पर्व-त्योहार, मेले, गुरु शिष्य परंपरा, समाज और देश के लिए उत्तरदायित्व बोध, देशभक्ति और राष्ट्रप्रेम आदि कई रीतियों से पुनः अतीत के स्वर्णिम भारत को पुनर्जीवित किया जा सकता है। जिस देश की अपनी कोई परंपरा नहीं होती उसकी कोई पहचान नहीं होती और यदि आज हम आत्मावलोकन करें तो पश्चिम की नकल करते हुए हम मिलावटी और उधार की जीवन शैली के गुलाम होकर जीवन की सार्थकता खो बैठे हैं। हमारी आज की अधिकांश समस्याएँ इसी के परिणाम हैं।

कितना अच्छा होगा यदि हम तकनीकी विकास की ओर कदम बढ़ाते हुए अपने वास्तविक जीवन मूल्यों और जीवन शैली को भी उतनी ही मजबूती से थामे रहें।

अतीत की ओर बढ़ाया हमारा ये कदम निश्चित रूप से हमें उज्ज्वल भविष्य की ओर लेकर जाएगा और भारत तथा भारतवासियों को फिर से परम और चरम शिखर पर अवस्थित करेगा।

तिलक राज शर्मा (शिक्षिका)

योग का महत्त्व

महामारी में महामारी में,
योग करें हम योग करें |
दूर सभी हम रोग करें |
तन मन स्वस्थ बनाता है,
आलस को दूर भगाता है,
चित्त प्रसन्न हो जाता है |
सेहत का राज छिपा है योग में.
जीवन आनंदमय रहता निरोग में |
न होगा बुखार न होगा जुकाम ,
बीमारियाँ दूर से करेगी राम राम |
मन चिंतामुक्त होगा योगध्यान से,
स्वास्थ्य की कला सीखें प्राणायाम से |
नियम से योग करें, अपनी जिम्मेदारी,
स्वस्थ तन स्वस्थ जीवन की तैयारी |
शरीर को मिलता है शुद्ध आक्सीजन,
दिल दिमाग स्वस्थ आनंदमय जीवन |
सब सुखी हों , स्वयं बनें स्वास्थ्य विधाता
सफलता समृद्धि और भाग्य के स्वयं निर्माता |
सन्देश यही फैलाएं , इसको सब जन अपनाएँ ,
योग वरदान है , इससे जीवन सुखमय बनाएँ |

**अभीरा नरूला
नवम ई**

योग : एक अदभुत जड़ी-बूटी

योग करो भाई योग करो
अपने शरीर को निरोग करो
खाओ पियो स्वस्थ रहो
बिना डर के तुम मस्त रहो
योग है जीवन का ऐसा उपहार
इस को करने से तुम कभी न करना इंकार

तन मन को मिलेगा आराम
और तुम कर पाओगे सभी काम
इससे रक्तचाप होगा नियंत्रित
खुशियों को आप कर पाओगे आमंत्रित
ऊपर वाले की है यह ऐसी देन
रोशनी से भर दे सबके नैन
योग है जीवन का ऐसा उपहार
इस को करने से तुम कभी न करना इंकार
उम्मीदों पर खड़ा है

स्वस्थ रहें और खेलखिलाएँ
जीवन में योग को जरूर अपनाएँ
योग है एक ऐसा अमृत
कमियाँ है जिसके निमित्त
बनाए जीवन मस्त और भरपूर
करे यह सभी दुखों को दूर
योग है जीवन का ऐसा उपहार
इस को करने से तुम कभी न करना इंकार

चौरासी आसनों के खज़ाने से भरा है
आज भी लोगों की उम्मीदों पर खड़ा है
योग है ऐसा उपचार
जो करता हमारी सृष्टि पर उपकार
सुबह हो या हो शाम
योग दिलाए आपके तन , मन और आत्मा को आराम
योग है जीवन का ऐसा उपहार
इस को करने से तुम कभी न करना इंकार

योग से जुड़ना ही
अपने आप से जुड़ना है
योग नहीं कोई भौतिक चीज़
इसे अपनाने से नहीं बनेगा कोई मरीज
योग ही सच्ची भक्ति
योग ही सच्ची शक्ति
योग है जीवन का ऐसा उपहार
इस को करने से तुम कभी न करना इंकार

नई ऊर्जा का जो संचार करें
आओ उस शक्ति का आज हम प्रचार करें
संस्कारों की है यह एक ऐसी ज्योति
आदर्शों के जो पिरोए मोती
अगर भौतिक और आंतरिक मन हैं दो छोर
तो योग हैं उन को जोड़ने वाली डोर
योग है जीवन का ऐसा उपहार
इस को करने से तुम कभी न करना इंकार



**दृश गोयल
नवम् अ**

भारतीय संस्कृति

विविधता में एकता है भारतीय संस्कृति की पहचान,
संस्कारों से पोषित यह धरा, है विश्व में महान ।
प्रांगण यह है ज्ञान, भक्ति और कर्म का,
समता, समन्वय और सदाचार के मर्म का ।
ज्ञान-विज्ञान से शोभित है भारत का कण-कण,
सद्प्रवृत्तियाँ, स्नेह वंदन से स्निग्ध यहाँ का मन ।
भारत की बौद्धिक क्रांति से विश्व है विस्मित,
श्रेष्ठ विचार, गरिमामय जीवन से करता जग का हित ।
युग परिवर्तन में हमने संस्कृति सूत्र को बनाए रखा,
प्रलयंकर झंझावातों में भी ज्ञान का दीपक जलाए रखा ।
विश्व गुरु यह भारत है संसार का सिरमौर ,
कठिनाई की घड़ी में सब देखते इस ओर ।
गणित सूत्र हो या खगोलीय ज्ञान,
ध्यान योग हो या चिकित्सा विज्ञान ,
हर क्षेत्र की हैं जड़े यहाँ पर,
सौरभ सुगंध इनका चाहे फैले जहाँ पर ।
भारत की संस्कृति का सूर्य, जग में प्रकाश फैलाता,
आदि मानवता की ऊर्जा से, विश्व बंधुत्व जगाता ।
भाव-श्रद्धा का प्रेम पूर्ण अर्ध्य, समष्टि को चढ़ाता,
अंतःकरण की करुणा से द्वेष भाव मिटाता ।
धन्य-धन्य यह भारतीय संस्कृति, धन्य धरा हमारी,
रहते हम हर क्षण गौरवान्वित ,
भारतीयता है पहचान हमारी ।



अर्चना शर्मा (शिक्षिका)

सलवान पब्लिक स्कूल (अपराह्न), राजेन्द्र नगर

हमारी संस्कृति हमारी पहचान



विश्व की सबसे प्राचीन संस्कृति भारतीय संस्कृति है । विविधता में एकता भारतीय संस्कृति की पहचान है । यहाँ विभिन्न धर्मों के लोग अपनी संस्कृति और परंपरा के साथ शांतिपूर्ण जीवन शैली में एक साथ रहते हैं । भारतीय संस्कृति के महत्वपूर्ण तत्व शिष्टाचार, सभ्यता, धार्मिक संस्कार, कल्याणकारी मान्यताएँ और जीवन मूल्य हैं । आज भारत विकसित हो रहा है और प्रत्येक भारतीय व्यक्ति की जीवन शैली आधुनिक हो रही है, लेकिन आधुनिकता के साथ-साथ भारतीय आज भी अपनी परंपरा और मूल्यों को बनाए हुए हैं । आज भी भारतीय अपने सेवाभाव, अहिंसा, प्रेम और शांत स्वभाव के लिए जाने जाते हैं । हमारे ऋषि-मुनियों ने योग-ध्यान और अध्यात्म की संस्कृति पल्लवित की है । संपूर्ण विश्व में जहाँ आज कोरोना महामारी का प्रकोप फैला है वहाँ हमारी संस्कृति एक ढाल की तरह संपूर्ण विश्व के लिए सहायक सिद्ध हो रही है । आयुर्वेदिक दवाइयाँ, योग और आपस में प्रेम भाव ही हमारी शक्ति है जिसे विश्व के अन्य लोग भी अपना रहे हैं । आज जहाँ इस कोरोना महामारी ने सबका जनजीवन अस्त व्यस्त कर दिया है वहाँ हमारी संस्कृति ने हमारी जड़ों को मजबूत किया है । आज भारत अपनी विविधता पूर्ण संस्कृति के चलते विभिन्न रोजगारों को प्रोत्साहित कर रहा है । आज भारतीय अपने सांस्कृतिक मूल्यों के आधार पर आत्मनिर्भर भारत का निर्माण कर रहे हैं । हमारी आत्मनिर्भरता हमारी संस्कृति की देन है । हमारी संस्कृति हमारी उन्नति का कारण है ।

पार्थ टंडन

कक्षा नवीं 'ब' (अपराह्न)

भारतीय संस्कृति की पुनः प्रतिष्ठा

श्रीमद्भगवद्गीता सिखाती है जीवन निरंतर परिवर्तनशील है। रात के बाद दिन, दुख के बाद सुख तथा मृत्यु के बाद एक नया जीवन। 'परिवर्तन ही संसार का नियम है।' यह पंक्ति वर्तमान वैश्विक महामारी के समय में सबसे अधिक सिद्ध प्रतीत हुई, जब हमारे जीवन में एक भयंकर बीमारी कोरोना(Covid-19) का उद्गम हुआ। इस बीमारी के लक्षणों के कारण हर मनुष्य को दूसरे मनुष्य से दूरी बनाए रखनी पड़ी। जीवन को सुरक्षित रखने के लिए सभी को हमारी सनातन भारतीय संस्कृति को अपनाना पड़ा। जैसे आज आधुनिक समय में लोग मिलने पर हाथ मिलाते तथा गले मिलते थे परंतु कोरोना काल में यदि किसी से मिलना भी हुआ तो दूर से हाथ जोड़कर नमस्कार करने



को ही प्राथमिकता दी गई। आधुनिक समय में प्रत्येक व्यक्ति का जीवन काम से इतना व्यस्त हो गया है कि परिवार के सदस्यों के साथ समय व्यतीत करना संभव नहीं होता था। परंतु कोरोना काल में सभी को एक साथ परिवार में रहने का अवसर मिला। सभी सदस्यों के साथ हँसना, खाना, बातचीत करना सभी के लिए आनंददायी हुआ। परिवार के सदस्यों के बीच एक मजबूत भावनात्मक बंधन बनाने, एक दूसरे के प्रति प्रेम, आदर, सहानुभूति और समर्पण का भाव रखने, एकजुट होकर रहने की स्थायी स्मृतियाँ बनाने का अवसर मिला 'पारिवारिक संबंधों की प्रतिष्ठा तथा उनके प्रति समर्पण का भाव' हमारी संस्कृति हमें यही सिखाती है। भारतीय संस्कृति के केंद्र बिंदु 'योग और ध्यान' के लिए आजकल के भागदौड़ भरे जीवन में किसी के पास समय नहीं था परंतु अब अधिकांश लोग इसका महत्त्व समझकर कुछ समय निकालकर योग तथा ध्यान करने लगे हैं।

आधुनिक युग के प्रतियोगिता पूर्ण जीवन में किसी के पास किसी के विषय में सोचने का समय नहीं है परंतु कोरोना काल में हम सभी जब किसी की भी बीमारी के विषय में सुनते थे तो उसके जीवन की रक्षा हेतु प्रार्थना करने लगते थे। यह हमारी संस्कृति का सबसे अहम् संस्कार है कि हम जब किसी की मदद नहीं कर पा रहे तो उसके लिए हृदय से प्रार्थना करें और अपनी मानवता का धर्म निभाएं। यह भावना वर्तमान समय में पुनः प्रतिष्ठित हुई।

दान देकर लोगों ने जरूरतमंद लोगों की मदद की, जो हमारी संस्कृति में एक महत्वपूर्ण जीवन मूल्य है।

हमारी संस्कृति आत्मनिर्भरता पर बल देती है। कोरोना काल ने हमें अपना काम स्वयं करने के लिए प्रोत्साहित किया है जैसे कोरोना काल में न केवल घर की महिलाएँ अपितु घर के सभी सदस्यों ने सारा काम मिलकर करना शुरू किया, जो कि हमें आत्मनिर्भर बनने की सीख देता है।

इसी प्रकार जहाँ आज सभी छोटी-छोटी बीमारियों के लिए लोग दवाई लेते हैं वहीं कोरोना काल में प्रतिरोधक क्षमता बढ़ाने के लिए लोगों ने आयुर्वेद से प्रेरणा लेकर तुलसी, लौंग, काली मिर्च जैसी प्राकृतिक जड़ी बूटियों का प्रयोग करना शुरू किया। नीम की पत्तियों का प्रयोग औषधि के रूप में किया गया।

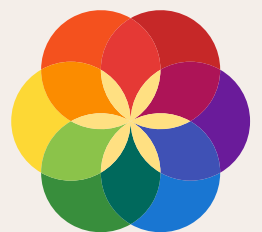
लोग भारतीय संस्कृति के मूल जीवन मूल्यों एवं वैश्विक भाईचारे की ओर प्रेरित हुए तथा उन्होंने अपनी सनातन संस्कृति के संस्कारों को अपनाया। यह सब हमें एक महत्वपूर्ण संदेश देता है कि चाहे हम कितनी भी प्रगति कर लें लेकिन हमें अपनी जड़ों को कभी नहीं भूलना चाहिए। अपनी सनातन संस्कृति के श्रेष्ठ गुण हमें अपनी नई पीढ़ी को देकर स्वयं को गौरवान्वित अनुभव करना चाहिए तथा हर कठिन समय को अपने धैर्य, आत्मबल, एकजुटता, सहानुभूति तथा परस्पर सहयोग की भावना से हराना चाहिए।

मानसी चौधरी

आठवीं 'ब'(अपराह्न)

आ अब लौट चलें.....

आपने तो सुना ही होगा न कि "नया नौ दिन पुराना सौ दिन।" जी हाँ, अगर सोचिये तो इस बार अपने विद्यालय की ओर से प्रकाशित होने वाली ई-मैगज़ीन का मूल विषय भी यही है। अगर आप यह समझ बैठे कि मैं इस पत्रिका के लिए संपादकीय लिख रहा हूँ तो मैं आपको बताना चाहता हूँ कि मैं उतना योग्य नहीं हूँ या अगर आप यह समझ रहे हैं कि मैं इस पत्रिका के मूल विषय को कोई शीर्षक प्रदान कर उसका महिमामंडन करने जा रहा हूँ तो मैं आपके सूचनार्थ बता दूँ कि महिमामंडन करने की न तो मुझमें कला है न सामर्थ्य और न ही मेरी प्रवृत्ति। जिन लोगों में यह कला है उनसे लेखक का कोई विरोध नहीं है और सच कहूँ तो ऐसे कलाकारों को मैं प्रणाम करता हूँ। मेरा इशारा सिर्फ उस सत्य को उद्घाटित करना है जहाँ मैं आज अपने साथ-साथ आपको भी अपनी इस काल्पनिक यात्रा में एक पठयात्री बनाना चाहता हूँ।



एक सजग पाठक के रूप में आप इस बात के स्वयं साक्षी हैं कि दुनिया गोल है और भूगोल व विज्ञान की दृष्टि से भी यह सत्य प्रमाणित हो चुका है कि हम चाहे जहाँ से आरम्भ करें, हम घूम कर पुनः वहीं पहुँचते हैं। अगर ध्यानपूर्वक सोचिये तो लक्ष्य पर पहुँचने का स्वाद और मिठास तभी पाना संभव होता है जब आरम्भ के आगाज़ की बुनियाद पक्की होती है। वह पेड़ उतना ही दीर्घजीवी और फलदायी होता है, जिसकी जड़ें मजबूती से ज़मीन को पकड़े होती हैं और हम उस स्वादिष्ट फल का रसास्वादन अभूतपूर्व ढंग से ले पाते हैं। जिस प्रकार जड़-विहीन पेड़ सूख कर धराशायी हो जाता है ठीक उसी प्रकार मूल्य विहीन जीवन व्यर्थ होता है या हम यों कहें कि हम प्राचीन जीवन मूल्यों को त्याग कर जीवन जी नहीं सकते। अगर आज हमारे जीवन में सफलता का सुख है तो उसका सारा श्रेय उस क्षण को देना चाहिए जिस क्षण में उस कार्य का श्रीगणेश किया गया था। आप तो जानते ही हैं कि जिस भवन की बुनियाद जितनी पक्की होती है, वह भवन उतना ही मजबूत, ऊँचा, भव्य, आकर्षक व टिकाऊ होता है और ऐसे अन्य अनेक उदाहरण मिल जायेंगे जो इस सत्य को प्रकट कर देता है कि हम प्राचीन ईमारतों को अपना धरोहर क्यों कहते हैं। इसीलिए मैं यह कहना चाहता हूँ कि हम अपनी सभ्यता को जानने की कोशिश करें, हम अपनी जड़ों को मजबूती प्रदान करें अन्यथा हम बिखर जायेंगे, टूट जायेंगे। पाठकजनों, आधुनिकता से मेरा कोई वैर नहीं है लेकिन यह भी सत्य है कि हम आधुनिकता की अंधी दौड़ में दौड़ना बंद कर दें। मैं यकीन से तो नहीं कह सकता क्योंकि अभी तक मैं मरा नहीं हूँ लेकिन जीवन के अनुभवों से विश्वासपूर्वक यह कह सकता हूँ कि अगर हम संयुक्त परिवारों में रह रहे होते तो शायद कोरोना बीमारी के कारण जीवन के अंतिम क्षणों में मौत उतनी तकलीफदेह और भयावह नहीं होती जितनी मरनेवालों के लिए अकेलेपन में दुखदायी हुई। यद्यपि कोरोना महामारी से मिले अनुभवों ने हमारे अंतरतम को भी तब बुरी तरह से झकझोर कर रख दिया जब हम चाहते हुए भी अपनों की अंतिम यात्रा में शामिल नहीं हो सके। ऐसे क्रूर उदाहरण हमें किसी दार्शनिक की भांति एक सबक दे गए हैं और जिनपर गंभीरतापूर्वक विचार करने की आवश्यकता है। यहाँ महत्वपूर्ण और अन्य विचारणीय तथ्य यह है कि एकल परिवार के बच्चों में हमें नैतिकता और जीवन मूल्यों का अभाव क्यों दिखाई पड़ता है? मेरा मानना है कि इस प्रकार की नासमझी में उनकी कोई गलती नहीं है। आधुनिक पीढ़ी के बच्चों को मैं इसलिए कसूरवार नहीं मानता हूँ क्योंकि एक कारण तो यह है कि उनको हमने जन्म से ही एकल परिवार में जीवन जीने का भरपूर अवसर प्रदान किया है और यह भी ध्यातव्य है कि एकल परिवार का निर्माण, उसकी सोच किसी एक दिन या एक महीने या कुछ वर्षों का परिणाम नहीं है अपितु एकल परिवार की प्रक्रिया पचास या सौ वर्षों के जीवन यापन का परिणाम है। इस पीढ़ी के बच्चों में जो भोलापन और मासूमियत है उसका दूसरा प्रबल कारण यह है कि एकल परिवार की महत्वाकांक्षी सोच के कारण इस आधुनिक पीढ़ी को संयुक्त परिवारों का वो प्यार-दुलार या फटकार से हमने इनको वंचित रखा है जिनमें चाचा-चाची, दादा-दादी, ताऊ-ताई का स्नेह और डर होता था, जहाँ अपने से बड़ों के प्रति सम्मान और लिहाज़ होते थे। हमें यह स्वीकार करना होगा कि हम क्षणिक सुख और स्वार्थ में अपने लोगों से कटते जा रहे हैं और दीवारों में बँटते जा रहे हैं, अपने पूर्वजों से दूर होते जा रहे हैं, उन संस्कारों और जीवन मूल्यों को भूलते जा रहे हैं जिनके कारण हम विश्वगुरु कहलाये। आपने अवश्य सुना होगा कि बीमारी से मुक्त होना चाहते हैं तो बीमारी की जड़ को जानें और उसे दूर करने का उपाय करें। मैं यह नहीं कह रहा कि आप सभी अज्ञानी हैं, समस्या से अनजान हैं और एकमात्र मैं ही सर्वज्ञानी हूँ बल्कि मैं तो यह कहना चाहता हूँ कि आप सभी इस समस्या से भली-भांति परिचित हैं और समाधान भी जानते हैं। प्रिय पाठकों, जब हम रोज़ सवेरे अखबार में अनचाही खबरों को पढ़ते हैं, चटकारे ले-ले कर उसपर चर्चा करते हैं और फिर भूलने का ढोंग करते हैं तो सच जानिये कि हम उस कबूतर की तरह बन जाते हैं जो बिल्ली को अपनी ओर आते देखकर भय और अज्ञानता से अपनी आँखें बंद कर लेता है। अपनी आँखों को बंद कर लेने से समस्या दूर नहीं होगी। उन समस्याओं को अगर आप धूल चटाना चाहते हैं तो उससे आँखें चार करनी होगी, कमर कसनी होगी। हमें अपनी कृत्रिम जीवन-शैली को छोड़ प्राकृतिक जीवन-शैली को अपनाने के लिए कदम बढ़ाना होगा। हमारे यही कदम हमें वहाँ पहुँचाने में सहायक होंगे जहाँ आधुनिक, प्रगतिशील व वैज्ञानिक दृष्टिकोण और प्राचीन संस्कृतियों, संस्कारों, शक्तियों, परम्पराओं, जीवन-मूल्यों, औषधियों, लोक-परम्पराओं, लोक-गीतों, लोक-नृत्यों का अद्भुत संगम होगा। यही नई सोच हमारी पंखों को एक नई उड़ान देगा और अपनी नई पीढ़ी के सहयोग और सामर्थ्य के माध्यम से हम पुनः अपने देश को सफलता के शिखर पर देख कर गौरवान्वित महसूस करेंगे। अंततः अगर आप मेरी तरह चाहते हैं कि अपने देश को एक बार फिर से “सोने की चिड़िया” की उपाधि से नवाज़ा जाये तो आपको भी मेरे साथ साथ कहना होगा - आ अब लौट चलें।

संजय मिश्र (हिंदी विभाग)

सलवान पब्लिक स्कूल राजेंद्र नगर, नई दिल्ली।

विकास

हमने किया है कितना विकास,
तृप्ति के नाम पर विनाश।

ठहरो, समझो और कर लो विचार,
कथनी- करनी को एक करने की दरकार।

रोजमर्रा के कामों का कर लो ध्यान,
बचा लो अपनी धरती की पहचान।

दौड़ते दौड़ते कितना दूर निकल आए,
घर पर बातचीत बंद
इंस्टाग्राम पर हजारों लाइक पाए।

समय की कीमत पहचानते हैं,
पर समय को कितना जानते हैं साहब।
हर कलाई पर घड़ी है,
पर टाइम नहीं, बिजी हैं आप।

नए-नए तरीकों से बिजली बचाना जरूरी है,
एसी में सोना और गीज़र के पानी से नहाना मजबूरी है।

कल ही परिवार के मजबूत रिश्तों पर मेरा लेख पेपर ने
छापा,
ओल्ड एज होम में रहते हैं मेरे मम्मी पापा।

राहुल सिंघल
पी जी टी भूगोल

भारतीय परम्परा को अपनाएँ, विश्व में अपना परचम लहराएँ

कोविड- 19 के कारण सामाजिक शिष्टाचार, अभिवादन के तरीके आदि जैसी कई चीज़ों में आकस्मिक पूर्ण परिवर्तन देखा गया है। विश्व में सभी लोगों ने कोविड नवाचार के तहत भारतीय सनातन अभिवादन तरीके यानी हाथ जोड़कर नमस्ते करने की परंपरा को अपनाया। लॉकडाउन के चलते विश्व स्वास्थ्य संगठन द्वारा योग और ध्यान का अभ्यास करने की सलाह दी गई जो मानसिक व शारीरिक स्वास्थ्य दोनों पर सकारात्मक रूप से प्रभावकारी सिद्ध हुआ है। हमारे पूर्वजों ने प्राचीन काल से ही योग अभ्यास की उपयोगिता का अनुभव किया है। भारतीय परंपरा के अनुसार घर में प्रवेश करने या खाना खाने से पहले अपने हाथ और पैर धोने का चलन रहा है जो लुप्त होता दिखाई दे रहा था परंतु आज यह समय की ज़रूरत बन चुकी है। हम जैसे नई पीढ़ी तथा दुनिया भर के लोगों के लिए वह समय आ गया है कि हम अपने रीति-रिवाजों के पीछे छिपे वास्तविक कारणों को समझें व उन्हें अपने जीवन का अभिन्न अंग बनाएँ। कोविड-19 के लॉकडाउन के चलते लोगों को छोटे परिवार की तुलना में संयुक्त परिवार का महत्त्व खूब समझ आ गया है, जो वैश्विक अराजकता व अशांति के वातावरण में सहायक सिद्ध हुआ। भारत की समृद्ध संस्कृति की जड़ों से जुड़े रहने से न केवल हमें कोविड काल में मदद मिल सकती है, अपितु भविष्य में आने वाली चुनौतियों से निपटने में भी मदद मिल सकती है।

शौमिली घोष
(IV A)



" ਜੜ੍ਹਾਂ ਵੱਲ ਵਾਪਸ "

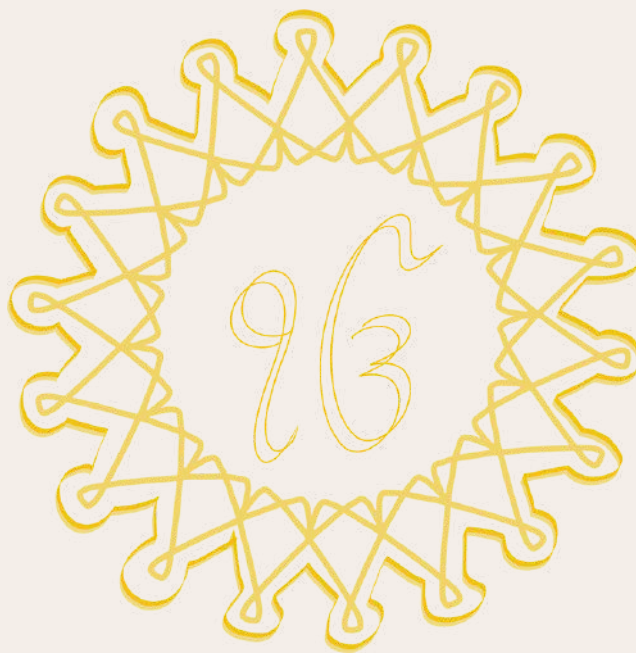
ਕੋਵਿਡ 19, ਇੱਕ ਮਹਾਂਮਾਰੀ ਜਿਸ ਨੇ ਆਪਣੇ ਆਪ ਨੂੰ ਸਾਡੀ ਜ਼ਿੰਦਗੀ ਦਾ ਹਿੱਸਾ ਬਣਾ ਲਿਆ ਹੈ , ਦੇ ਸਾਲ ਪਹਿਲਾਂ ਇਹ ਚੀਨ ਦੇ ਵੁਹਾਨ ਸ਼ਹਿਰ ਵਿੱਚ ਪੈਦਾ ਹੋਇਆ ਸੀ | ਸਾਨੂੰ ਵਾਇਰਸ ਤੋਂ ਬਚਾਉਣ ਲਈ ਸਾਡੀ ਸਰਕਾਰ ਨੇ ਕਈ ਸੁਰੱਖਿਆ ਉਪਾਅ ਕੀਤੇ | ਅਸੀਂ ਸਾਰੇ ਆਪਣੇ ਘਰਾਂ ਵਿੱਚ ਫਸੇ ਹੋਏ ਸੀ , ਸਕੂਲ, ਫੈਕਟਰੀਆਂ ਅਤੇ ਦਫ਼ਤਰ ਬੰਦ ਸਨ | ਅਸੀਂ ਸਾਰੇ ਇਕੱਲੇ ਇਸ ਵਾਇਰਸ ਨੂੰ ਰੋਕਣ ਲਈ ਬਹੁਤ ਸਾਰੇ ਲੋਕਾਂ ਨੇ ਆਪਣੇ ਸੁਝਾਅ ਦਿੱਤੇ ਕੁਝ ਡਾਕਟਰਾਂ ਦੁਆਰਾ ਦਿੱਤੇ ਗਏ ਸਨ ਅਤੇ ਕੁਝ ਸਾਡੇ ਬਜ਼ੁਰਗਾਂ ਦੁਆਰਾ ਦਿੱਤੇ ਗਏ ਸਨ ਮੈਨੂੰ ਪੱਕਾ ਵਿਸ਼ਵਾਸ ਹੈ ਕਿ ਹੋਰ ਨਹੀਂ ਪਰ ਇੱਕ ਵਾਰ ਤੁਸੀਂ ਇਸ ਲੌਕਡਾਊਨ ਵਿੱਚ ਕਾੜਾ ਜ਼ਰੂਰ ਪੀਤਾ ਹੋਵੇਗਾ | ਸੱਚਮੁੱਚ ਇਨ੍ਹਾਂ ਘਰੇਲੂ ਉਪਚਾਰਾਂ ਨੇ ਸਾਡੀ ਬਹੁਤ ਮਦਦ ਕੀਤੀ , ਜੜੀ ਬੂਟੀ ਗਿਆਨ ਸਾਡੀ ਭਾਰਤੀ ਸੰਸਕ੍ਰਿਤੀ ਦਾ ਇੱਕ ਅਨਿੱਖੜਵਾਂ ਅੰਗ ਹੈ | ਜੜੀ ਬੂਟੀਆਂ ਸਾਡੀ ਪ੍ਰਤੀਰੋਧਕਤਾ ਅਤੇ ਮਾਨਸਿਕ ਸਿਹਤ ਨੂੰ ਵਧਾਉਣ ਵਿੱਚ ਮਦਦ ਕਰਦੀਆਂ ਹਨ | ਕੁਝ ਜੜੀਆਂ ਬੂਟੀਆਂ ਇੰਨੀਆਂ ਮਸ਼ਹੂਰ ਹੋ ਗਈਆਂ ਕਿ ਉਹ ਇੱਕ ਕਾਰੋਬਾਰ ਬਣ ਗਈਆ ਜਿਵੇਂ ਹਲਦੀ, ਅਦਰਕ, ਗਿਲੇਏ ਆਦਿ।

ਯੋਗਾ ਅਤੇ ਕਸਰਤ ਨੇ ਵੀ ਸਾਡੀ ਬਹੁਤ ਮਦਦ ਕੀਤੀ ਹੈ | ਯੋਗਾ ਦੀ ਮਹੱਤਤਾ ਪੂਰੀ ਦੁਨੀਆ ਦੁਆਰਾ ਜਾਣੀ ਜਾਂਦੀ ਹੈ , ਇਸ ਨਾਲ ਅਸੀਂ ਆਪਣੇ ਸਾਹ ਅਤੇ ਮਾਸਪੇਸ਼ੀ ਦੀ ਸਿਹਤ ਨੂੰ ਸੁਧਾਰ ਸਕਦੇ ਹਾਂ , ਯੋਗਾ ਸਾਡੀਆਂ ਮਾਸਪੇਸ਼ੀਆਂ ਨੂੰ ਵੀ ਆਰਾਮ ਦੇ ਸਕਦਾ ਹੈ ਅਤੇ ਸਾਡੇ ਦਿਮਾਗ ਨੂੰ ਤਰੇਤਾਜ਼ਾ ਕਰ ਸਕਦਾ ਹੈ |

ਇਸ ਬਿਮਾਰੀ ਤੋਂ ਸਾਨੂੰ ਬਚਾਉਣ ਵਿੱਚ ਵਿਗਿਆਨ ਨੇ ਵੀ ਅਹਿਮ ਭੂਮਿਕਾ ਨਿਭਾਈ ਹੈ , ਐਡਵਾਂਸਡ ਕੋਵਿਡ 19 ਟੈਸਟਾਂ ਨੇ ਬਿਮਾਰੀ ਨੂੰ ਬਹੁਤ ਤੇਜ਼ੀ ਨਾਲ ਫੈਲਣ ਵਿੱਚ ਮਦਦ ਕੀਤੀ | ਵਿਗਿਆਨ ਨੇ ਘਰੋਂ ਕੰਮ ਕਰਨ ਵਿੱਚ ਵੀ ਸਾਡੀ ਮਦਦ ਕੀਤੀ |

ਹੁਣ ਹਾਲਾਤ ਬਿਹਤਰ ਹੋ ਰਹੇ ਹਨ , ਪਰ ਸਾਨੂੰ ਅਜੇ ਵੀ ਕੁਝ ਸਾਵਧਾਨੀਆਂ ਵਰਤਣ ਦੀ ਲੋੜ ਹੈ | ਹੱਥ ਧੋਣਾ, ਆਲੇ-ਦੁਆਲੇ ਦੀ ਸਫਾਈ ਰੱਖਣਾ ਅਜੇ ਵੀ ਬਹੁਤ ਮਹੱਤਵਪੂਰਨ ਹੈ | ਹੁਣ ਅਸੀਂ ਆਪਣੀ ਆਮ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਵਾਪਸ ਆ ਰਹੇ ਹਾਂ , ਅਸੀਂ ਉਮੀਦ ਕਰਦੇ ਹਾਂ ਕਿ ਸਭ ਜਲਦੀ ਠੀਕ ਹੋ ਜਾਵੇਗਾ ਅਤੇ ਪਹਿਲਾਂ ਵਾਂਗ ਖੁਸ਼ਹਾਲ ਰਹਿ ਸਕਦੇ ਹਾਂ ।

ਏਕਨਗੁਨ ਕੌਰ
ਜਮਾਤ: ਅੱਠਵੀਂ 'ਬੀ'





Ikra XI



Vavshika XI



Tamanna XI



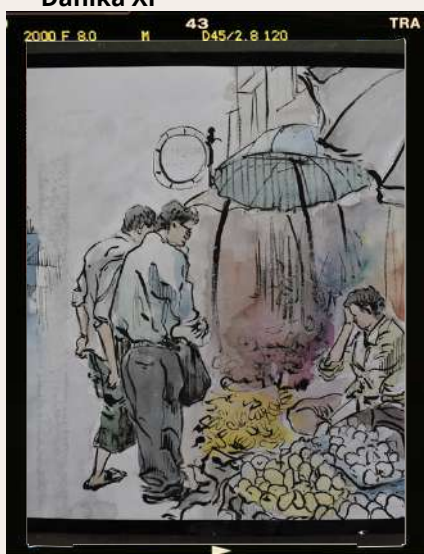
Danika XI



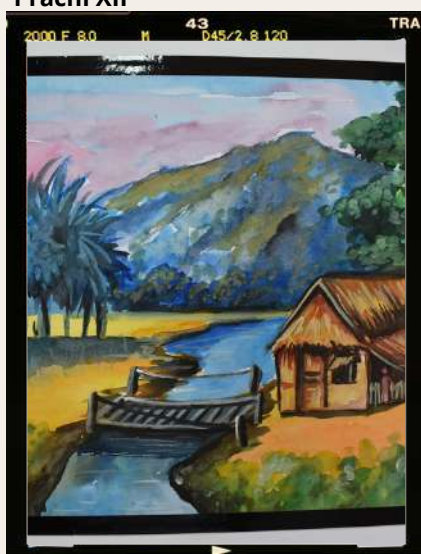
Prachi XII



Suhani XI



Aditya XII



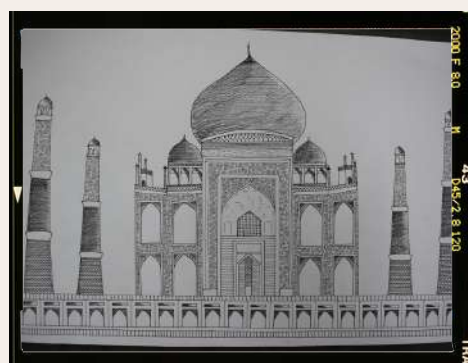
Parth XI



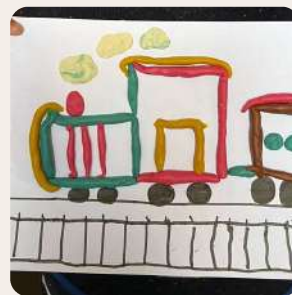
Vrinda XI



Deepshikha XII



Suhani XI



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